

Healthy Foods and Drinks

J P B A N A N A A P F V G D Q R B
I W X C K C P I A N S O U M C P E
T M T S D E D U P D B O M A P H E
D A E R B L A E M E L O H W A R L
D M U S D E M W V L J Z Q V A E Q
S C I E Y R Y D O E Z A B S N T B
T H N L W Y R T U N A W N I H A O
R E D L K S D N O M L A R J Y W R
A R D B B S C Q M R Q E Y C L Y A
W R X W N I G B C A G W E R R H V
B I H C R J O Q X N L I E K G E O
E E B I H H R D A E D B Y A N V C
R S V G Y E T T T U M Y B O B T A
R R J A H C E T W U P E M C W Y D
Y X C E X J U S C W U L F Z J L O
P L Z J Y C H U E I A S M X R E G
C T N F E Q C S J S K K V Q R G B

wholemeal bread
cherries
avocado
banana
water

strawberry
cucumber
lettuce
celery
tuna

tangerine
almonds
salmon
cheese
milk