

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Lifestyle

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

carbohydrate  
exercise  
healthy  
pasta  
sugar  
diet

guidelines  
glucose  
gluten  
bread  
fruit  
fats

metabolism  
protein  
cardio  
water  
dairy

nutrition  
calorie  
grains  
fibre  
meat