

Name: _____

Date: _____

Healthy Living

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

carbohydrates
sleeping
exercise
cycling
fruit

vegetables
minerals
playing
protein

nutrients
vitamins
running
apple