

Name: _____

Date: _____

Healthy Living

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

carbohydrates
Exercise
protein
water

vegetables
hygiene
energy
sleep

balanced
calcium
fruit
diet