

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

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

# Healthy and Unhealthy Lifestyle

G A S 5 A H M V O 5 X R U N M F 5 X C S T A W X  
F O X I A P L T E B L 5 T H 5 O R K A F C H E B  
V 5 A I M E P V V S B A L A N C E X E C B W L O  
Y A L O A S W R E A I F V S 5 L B M E A T I R 5  
M 5 H 5 H E C K P O A C C Y K P A S T A W N A A  
A W H F U B H X S T F T R Y K H Y 5 Y C N L V N  
W I U V O H F G S T A X U E N H T S S A P Y H M  
X E B U W O C B K W M V H E X O I E T P D S T H  
V B X Y F B D E C V N C F I L E V L R R P A U F  
N D L P F F O A X A Y G K V P N I B G F D V 5 D  
U U H E G B O N W G W U D G B P T A M L H N S L  
T M W S D P E S C A E R M 5 L O C T W F R C W D  
R H R I I O E C R P 5 E A Y K T A E P K W 5 C H  
I X V U O F E N M S M T D I M A 5 G X 5 G B I O  
E Y I E I H Y H E Y V A K P W T B E D G M S D Y  
N G G T R T X L T R P W A D T O P V L T N X Y M  
T U D F M T P K I U G R N G X E X E T I U R F L  
S U C K I X F Y C O C Y B S B S D N M I L K D O  
E G T F I B R E I E I I E F A V Y O X C R U R L  
I 5 G 5 R F I T C R C D E H P 5 L I U C M W E G  
W T N P F P L C K Y H T L A E H S Y B I V N 5 Y  
X R V C V L F D E T A R D Y H Y H T L A E H N U  
D K T H L F M B N A T Y V W D E H Y D R A T E D  
N H D O W A B I A P T 5 W A G M S U G A R D K D

dehydrated  
activity  
Balance  
beans  
milk

Vegetables  
potatoes  
Healthy  
sugar  
fats

oily fish  
Hydrated  
Energy  
Water  
Food

unhealthy  
Exercise  
fibre  
Fruit

nutrients  
5 a day  
pasta  
meat