

Name: _____

Healthy eating

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

Vegetables

Protein

Fibre

Oats

Potatoes

Raisin

Lemon

Lime

Tomatoes

Water

Grape

Pea