

Name: _____

Date: _____

Healthy eating

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

carbohydrates
lifestyle
vitamins
energy
dairy
diet

vegetables
wholemeal
healthy
snack
fruit
fats

hydration
nutrition
calcium
lunch
fibre

breakfast
fiveaday
dinner
water
fish

wholefood
minerals
pulses
beans
meat