

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

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

# Healthy eating

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

carbohydrate

yoghurt

sugar

meat

milk

vegetables

cheese

pasta

fats

Food

protein

fruits

rice

fish