

Name: _____

Healthy snacks and appetisers

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

Alternative
Healthy
Water
Meat

Food Guide
Grains
Fruit

Nutrients
Snack
Oils