

Name: _____

Date: _____

Level 2

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

- | | | | | |
|---------------|---------------|--------------|-------------|------------|
| whole protein | balanced diet | antioxidants | cholesterol | vegetables |
| mushrooms | sweetcorn | minerals | calories | vitamins |
| grilled | steamed | peanuts | lentils | cereals |
| calcium | protein | Gluten | lipids | yogurt |
| cheese | fruits | gluten | energy | sugar |
| Bread | fibre | baked | pasta | iron |