

Nutrition and Physical Activity

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

Heart Disease

Portion size

Vegetables

Nutrition

Diabetes

Exercise

Have Fun

Grilled

Low fat

Obesity

Protein

Running

Walking

Asthma

Fruits

Snacks

Sports

Baked

Water

Milk