

Name: _____

Date: _____

Period: _____

STAYING HEALTHY ON YOUR OWN

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

AEROBIC EXERCISE

PREPARED FOOD

BALANCED DIET

INGREDIENTS

ADDICTION

NUTRITION

VITAMINS

CALORIES

SERVING

GERMS

DIET