

Name: _____

Date: _____

Staying Fit!

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

whole grains

vegetables

fruits

eggs

watermelon

banana

beans

milk

strawberry

yogurt

meats

meat