

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# The Eatwell Guide

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

Carbohydrates  
 Saturated  
 Calcium  
 Snacks  
 Dairy  
 Guide  
 Tuna

Strawberry  
 Balanced  
 Eatwell  
 Butter  
 Bread  
 Fruit  
 Fats

Vegetables  
 Minerals  
 Protein  
 Health  
 Water  
 Bone  
 Oils

Deficiency  
 Vitamins  
 Muscle  
 Potato  
 Apple  
 Diet

Chocolate  
 Smoothie  
 Growth  
 Cereal  
 Sugar  
 Food