

Name: _____

Date: _____

Year 7 Health Education - Healthy Eating

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

Whole grains

Broccoli

Chicken

Spinach

Banana

Carrot

Orange

Apple

Pasta

Beef

Eggs

Nuts

Rice