

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

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

# Year 7 - New Year New You Spellings

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

- |               |             |             |             |            |
|---------------|-------------|-------------|-------------|------------|
| carbohydrates | tooth decay | cholesterol | improvement | developing |
| vegetables    | relaxation  | nutrients   | lifestyle   | hydrated   |
| minerals      | vitamins    | exercise    | obesity     | growing    |
| muscles       | protein     | calcium     | variety     | balance    |
| regular       | health      | bones       | sugar       | heart      |
| fruit         | fibre       | sleep       | fats        | diet       |