

Name: _____

Date: _____

healthy eating

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

eat well guide
chocolate
cereals
crisps
fruit
veg

carbohydrate
breakfast
protein
snacks
sugar
fat

tooth decay
exercise
obesity
weight
salt

five a day
diabetes
balance
water
diet