

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

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

# healthy food

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

carbohydrates  
seafood  
water  
fruit  
diet  
fat

dragonfruit  
healthy  
fiber  
apple  
pear

protein  
banana  
sugar  
junk  
oil