

Name: _____

Date: _____

small changes big difference

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

vegetables breakfast digestion wellbeing feelings
sandwich smoothie sociable blender fitness
healthy sharing toaster active eating
potato baked fruit heart lungs
waste