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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Eatwell Guide

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

   Cheese       Yoghurt       Egg       Tuna       Chicken       Wholemeal       Bread       Fish       Salt       Low Fat       Sugar       Chocolate       Eatwell Guide       Portions       Healthy Eating       Pear       Oranges       Apples       Water       Baked beans       Soya       Milk       Vegetables       Fruit       Potato       Rice       Pasta