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

Healthy Eating

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

   Diet       Carrots       Peas       Nuts       Butter       Tomatoes       Eggs       Potatoes       Beans       Fish       Meat       Fruit       Vegetables       Protein       Carbohydrates       Fat       Minerals       Vitamins