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

Healthy Eating

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

   energy       healthy       dairy       minerals       vitamins       balanced       fats       protein       Carbohydrates       Nutrition       Diet