|  |  |
| --- | --- |
| 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