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

Healthy eating

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

   vitamin       eatwell plate       meat       wholegrain       fibre       dairy       fruit       vegetable       fat       carbohydrate       nutrient       protein