Name: _____ Date: _____

Diet

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

unhealthy skin
depression
vitamins
water
meat

Heart dieseas
diabetes
Rickets
fibre
fats

Carbohydrates
balanced
obesity
dairy
diet

mood swings
minerals
protein
fruit

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