

Name: _____

Date: _____

Planning a Balanced Menu

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

energy balance

vitamins

protein

water

fat

carbohydrate

children

eatwell

sugar

bmi

minerals

calories

elderly

salt