Name: _____ Date: _____

Healthy Eating

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



Blood Pressure
Balanced Diet
Carbohydrates
Citrus Fruit
Latex Fruits
Cholesterol
Food Plate
Vegetables
Be Active
Bloodflow
Nutrients
Minerals
Strength
Calcium
Glucose
Insulin
Muscles
Obesity
Protein
Fibre
Fruit
Sugar
Diet
Fat