

Name: _____

Date: _____

Eatwell Guide

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

Healthy Eating
 Wholemeal
 Chicken
 Apples
 Water
 Fish
 Milk

Eatwell Guide
 Chocolate
 Low Fat
 Potato
 Fruit
 Salt
 Rice

Baked beans
 Portions
 Oranges
 Bread
 Pasta
 Pear
 Egg

Vegetables
 Yoghurt
 Cheese
 Sugar
 Tuna
 Soya