

Name: _____

Date: _____

Healthy Eating

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

Carbohydrates

Vegetables

Tomatoes

Potatoes

Minerals

Vitamins

Carrots

Protein

Butter

Beans

Fruit

Diet

Peas

Nuts

Eggs

Fish

Meat

Fat