

Name: _____

Date: _____

Eating Healthy

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

Vegetables

Balance

Protein

Sodium

Water

Breakfast

Calcium

Dinner

Sugars

Fats

Nutrition

Energy

Fruits

Dairy

Food

Calories

Healthy

Grains

Lunch

Oils