

Name: _____

Date: _____

Healthy Eating

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

healthy eating
vegetables
nutrients
minerals
fruit

carbohydrates
breakfast
calories
obesity
snack

eatwell plate
hydration
vitamins
dinner
lunch