

Name: _____

Date: _____

Healthy Food and Nutrition

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

physical activity
supplements
nutrients
vitamins
growth

healthy eating
development
nutrition
allergy
health

carbohydrates
foodpyramid
exercise
protein
dairy

balanced diet
wellbeing
minerals
energy
water