

Healthy Eating

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

APPLE
BANANA
BEANS
CARBOHYDRATE
FATS
FRUITS
GRAIN
GRAPE

GREEN
KALE
MINERALS
ORANGE
PROTEIN
SPINACH
VEGETABLE
VITAMINS

