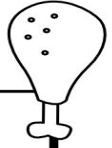


Name: _____

Date: _____



NUTRITION HEALTHY EATING



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

PROTEIN
BREAD
EGGS
POTATO
CARROT

VEGETABLES
RICE
YOGURT
TOMATO
ORANGE

FRUITS
FISH
CHEESE
SPINACH
BANANA

WATER
CHICKEN
MILK
BROCCOLI
APPLE