

Healthy Eating Wordsearch

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

GO
BREAKFAST
SNACK
CEREAL
VEGETABLE
BEEF
CALCIUM

GLOW
LUNCH
WATER
DIARY
MEAT
PORRIDGE
PROTEIN

GROW
DINNER
MILK
FRUIT
CHICKEN
FIBRE