

**Find and circle the words
in the puzzle.**

VEGETABLES

MEAT

MILK

BREAD

BEANS

EXERCISE

APPLE

BALANCED

CHICKEN

PASTA

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



**Unscramble
the
words.**



1. tshaigetp _____

2. cbolcroi _____

3. yukret _____

4. ametosot _____

5. elgaebvets _____

6. elyahth _____

7. naabsan _____

8. tintorusiu _____

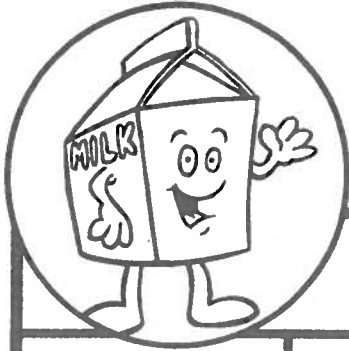
ANSWERS: 1. spaghetti 2. broccoli 3. turkey 4. tomatoes 5. vegetables 6. healthy 7. bananas 8. nutritious

How many words can you make
using the letters in

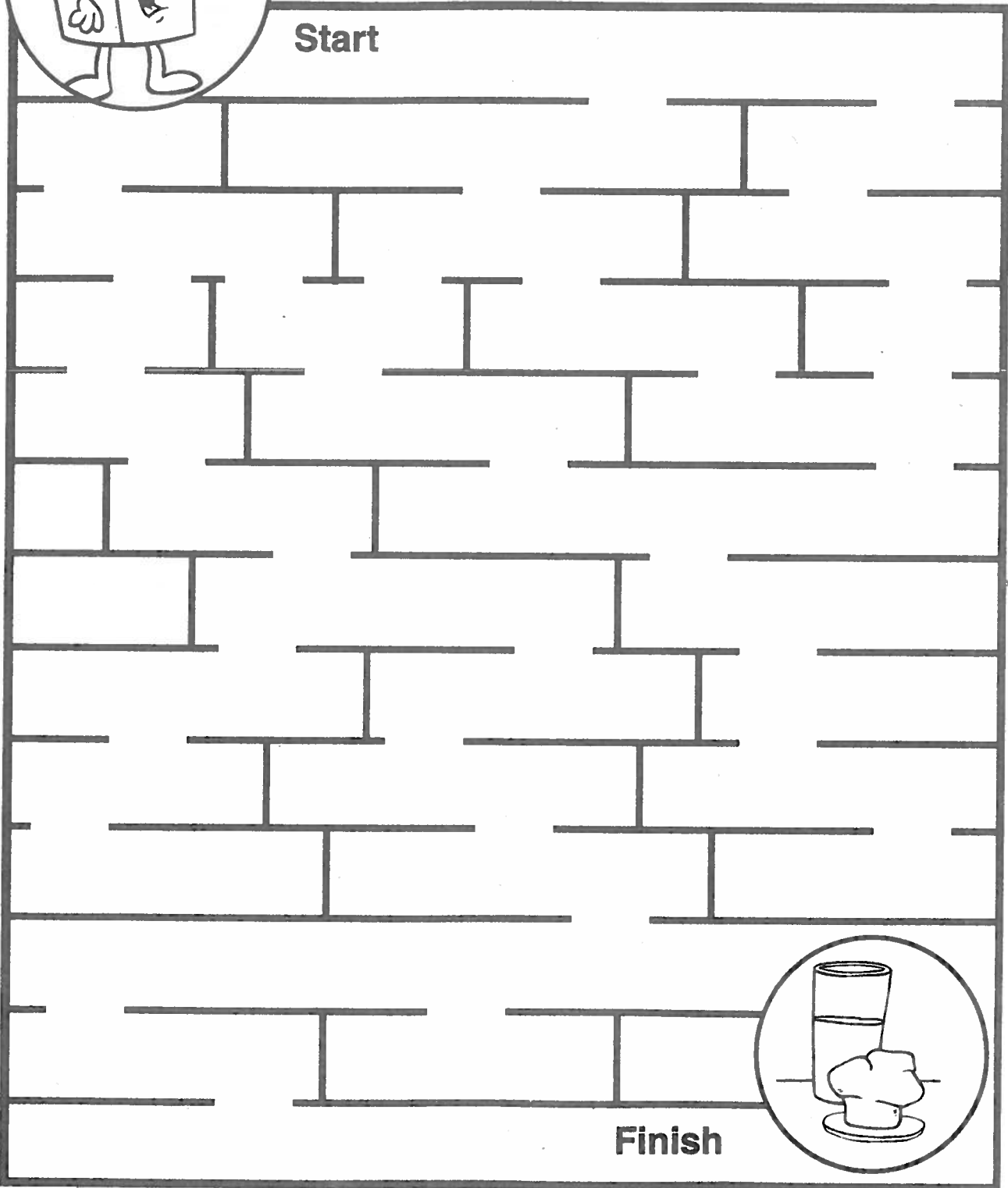
VEGETABLES



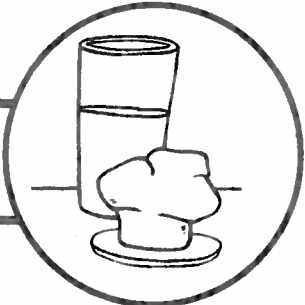
Find your way through the maze!



Start



Finish





Your body needs a balanced diet to grow up strong and healthy. A balanced diet means eating the right amount of daily servings from the four basic food groups.

What will you eat today?

Write down what you have eaten for an entire day. That means everything! Go over the list at the end of the day to see if you are eating a balanced diet.

Breakfast

Lunch

Dinner

Snacks
