

What do humans need to be healthy?

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

Can you find these words?

- Food
- Protein
- Vegetables
- Fruit
- Water
- Vitamins
- Exercise
- Germs
- Sweets
- Dairy
- Sleep
- Energy
- Diet
- Healthy

