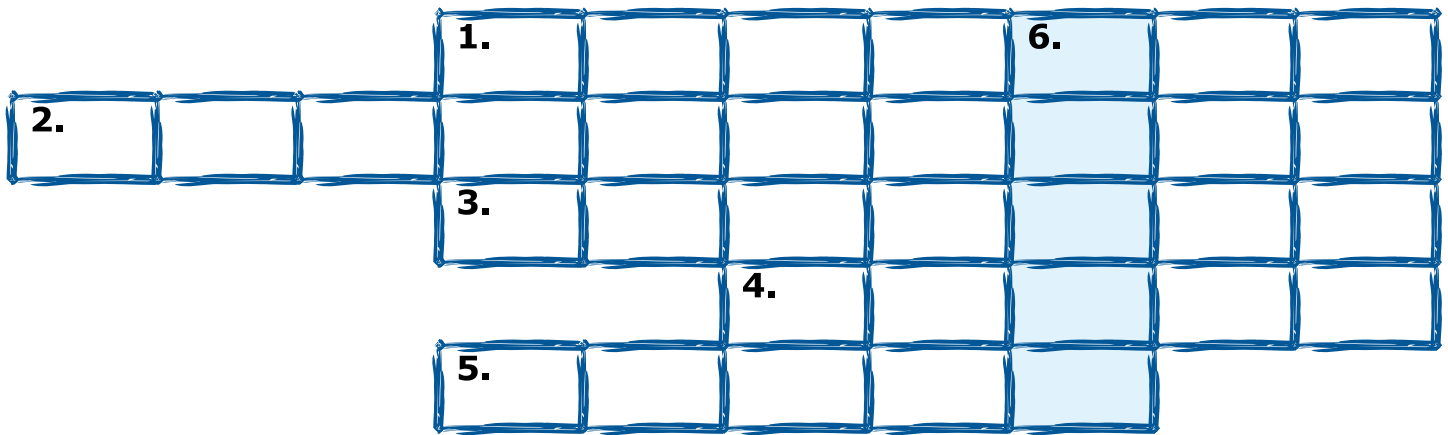


# DO YOU KNOW THE GUIDELINES FOR HEALTHY EATING?

Solve these clues to complete this crossword.

Follow the messages in the guidelines and you will be able to follow a healthy eating plan.



Clues:

1. Make \_\_\_\_\_ foods part of most meals.
2. Eat plenty of \_\_\_\_\_ and fruit every day.
3. Enjoy a \_\_\_\_\_ of foods.
4. Eat dry \_\_\_\_\_, peas, lentils and soya regularly.
5. Chicken, fish, meat or eggs can be \_\_\_\_\_ daily.
6. Drink lots of \_\_\_\_\_, safe water.

The answer to clue number 6 will appear in the shaded blocks if you get all the other clues correct

