

# Word Search - Staying healthy

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

**BLOOD**

**CEREAL**

**CHOLESTEROL**

**CONSTIPATION**

**DIABETES**

**DISEASE**

**EXERCISE**

**FIBRE**

**FITNESS**

**FRUIT**

**HEART**

**OVERWEIGHT**

**PROTEIN**

**SALT**

**SUGAR**

**WATER**