

# PHYSICAL ACTIVITY AND NUTRITION

## Word Search

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

**Asthma**

**Fruits**

**Low fat**

**Portion size**

**Sports**

**Baked**

**Grilled**

**Milk**

**Protein**

**Vegetables**

**Diabetes**

**Have Fun**

**Nutrition**

**Running**

**Walking**

**Exercise**

**Heart Disease**

**Obesity**

**Snacks**

**Water**