

# Balanced diet



## Wordsearch

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

The wordsearch contains the names of the seven important substances needed in our food for a balanced diet.

See if you can find them all.

carbohydrate	protein	roughage	
vitamins	water	minerals	fats