



Healthy Heart maze!

Collect the healthy food as you move through the maze.

EATING WELL

Learn how can benefit your health!

COLOUR in the plate of GOOD HEALTH!

Word Search

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

Cross out each word as you find them in the grid.

- CARROTS
- FRUIT
- VEGETABLES
- HEALTHY
- WATER
- PASTA
- GREENS
- FISH
- EGGS

Count and colour in the healthy hearts.

Write your answer in the box.



Start

Finish



Name _____

Class _____

