

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Carbohydrates

S E T A R D Y H O B R A C S C Y E  
F U G T B B B E N E F I T S A K K  
O M P I S T E N K E B K T P 5 K S  
T K O S N Y E Y U M G E T S F P G  
A S L S T D F C M K A E A U C A I  
T X A I Y F F R S M S E Y E O U D  
O M G E M P N C 5 U D I I I F 5 U  
P I N 5 F B R X G O H K E M M P O  
R O N K S I D A A I B X L I S R H  
H H P C S X R G C G E H K N A E L  
X P D P A S X C B R O O S U F L F  
X B S H I R K O C M A D O T D C K  
A P Y U P Y B I A 5 X O D R M C B  
S F G O I E S S C P K S 5 I K P S  
P B G F N E E H L R E K M E T S M  
N P C X D S M N E R Y G N N P Y F  
T S P E L P P A 5 I D I D T A G C

Carbohydrates

Exercise

Crisps

Honey

Nutrient

Sugars

Team5

Apple

Benefits

Potato

Carbs

Milk