

Name: _____

Date: _____

Diet

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

carbohydrates

malnutrition

nutrients

minerals

vitamins

protein

fibre

water

diet

Fats