

Name: _____ Date: _____

Do You Know Your Nutrition?

1. ATF _____
2. ECLSUM _____
3. YIAHLLCSYP FTI _____
4. LNAE YBOD SAMS _____
5. PYRMAID _____
6. LMMSAOEBIT _____
7. THIWEG _____
8. GNIRSA _____
9. VGTLEAEBSE _____
10. TFRUI _____
11. LOI _____
12. MKLI _____
13. ADRYI _____
14. MTEA _____
15. ILRESAOC _____
16. RDHOASCTRAYBE _____
17. TREIPNO _____
18. SRGUA _____
19. TIAYEDR ERFBI _____
20. ATLTO FBERI _____
21. FSAT _____

Word Bank

physically fit
oil
fats
meat
dairy
grains

metabolism
protein
dietary fiber
pyramid
fruit

vegetables
calories
lean body mass
weight
milk

carbohydrates
muscle
sugar
fat
total fiber