

Name: _____

Date: _____

FATS

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

POLYUNSATURATED
FAT SOLUBLE
NUTRIENTS
VITAMINS
SCONES
SOLID

MONOUNSATURATED
SHORTENING
CREAMING
CRUMBLY
ORGANS
FRIED

HYDROGENATED
TRANS FATS
BISCUITS
TENDER
ENERGY
SOFT

UNSATURATED
SATURATED
HORMONES
GLUTEN
BAKED
FATS