

FOOD

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

CARBOHYDRATES
CALORIES
HEALTHY
PROTECT
ENERGY
FIBRE
FOOD

PHOSPHORUS
MINERALS
VITAMIN
GLUCOSE
GROWTH
WATER
FATS

NUTRIENTS
ROUGHAGE
PROTEIN
STARCH
LIPIDS
DIET