

Name: _____

FUEL UP!

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

CARBOHYDRATES

VEGETARIAN

MINERALS

ORGANIC

FRESH

REST

INGREDIENTS

NUTRIENTS

SMOOTHIE

PROTEIN

FRUIT

METABOLISM

NUTRITION

VITAMINS

ENERGY

SWEET

VEGETABLES

CALORIES

NATURAL

FIBER

WATER