

Name: _____

Date: _____

Food

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

carbohydrate

minerals

fibre

fats

transport

protein

water

vitamins

starch

diet