

Name: _____

Date: _____

Food And Nutrition

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

Bridge Hold

Claw grip

Protiens

Vitamins

Butter

Knife

Carbs

Water

Fibre

Flour

Grams

Fats