

Name: _____

Date: _____

Food and Nutrition

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

Basal metabolic rate
osteoporosis
nutrition
calcium
protein
stroke
vegan
meat

heart disease
Amino acids
Potassium
Glucose
Energy
fibre
fats
zinc

Antioxidants
Vegetables
Diabetes
healthy
Gluten
fruit
food
soy

Carbohydrate
Digestion
minerals
obesity
starch
sugar
iron