

Name: _____

Date: _____

Food and Nutrition

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

vegetables	nutrients	nutrition	moderate	pumpkin	spinach
protein	healthy	oranges	peanuts	lentils	legumes
sodium	carrot	apples	barley	cheese	grains
water	sugar	bread	fibre	pasta	wheat
cream	fruit	nuts	rice	corn	milk
fats	food				