

Name: _____

Date: _____

Fruits and Veggies

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

amino acids
proteins
calcium
folate
abdi

vegetables
vitamins
samuel
fruits

potassium
ibrahim
banana
apple

magnesium
zuchini
orange
fiber