

Name: _____

Date: _____

Healthy Eating - Vocabulary List

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

Genetic Modification
Electrolytes
Additives
Minerals
Healthy
Grains
Fruit
Fuel

Nutrition Labels
Cholesterol
Potassium
Vitamins
Organic
Sodium
Sugar

Balanced Diet
Metabolism
Calories
Calcium
Protein
Dairy
Water

Carbohydrates
Vegetables
Fructose
Glucose
Energy
Fibre
Fats