

Name: _____

Date: _____

MAKE BAKE DECORATE

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

NUTRIENT DENSE FOODS
MICRO-NUTRIENTS
HEALTHY FOODS
SPIDER GRIP
WASH HANDS
PROTEIN
KNIFE

SAFETY EQUIPMENT
CHOPPING BOARD
NUTRIENT POOR
TIE HAIR UP
NUTRIENTS
GLOVES
FATS

MACRO-NUTRIENTS
CARBOHYDRATES
FATTY FOODS
KILOJOULES
KITCHEN
SAFETY