

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# NUTRITION & YOUTH

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

MONOUNSATURATED  
OSTEOPOROSIS  
CHOLESTEROL  
KILOJOULES  
NUTRIENTS  
ANAEMIA  
PROTEIN  
BLOOD  
FRUIT  
NUTS

POLYUNSATURATED  
REQUIREMENTS  
METABOLISM  
GUIDELINES  
GLYCEMIC  
CEREALS  
GROWTH  
BONES  
FIBRE  
IRON

MICRONUTRIENTS  
DEHYDRATION  
ABSORPTION  
TRANSFATS  
DIABETES  
OBESITY  
SODIUM  
CELLS  
MEATS  
DIET

MACRONUTRIENTS  
WHOLEGRAINS  
VEGETABLES  
SATURATED  
MINERALS  
CALCIUM  
ENERGY  
SEEDS  
WATER  
FATS

CARBOHYDRATES  
EXPENDITURE  
DEFICIENCY  
DIGESTION  
VITAMINS  
GLUCOSE  
LIPIDS  
DAIRY  
INPUT