

Name: _____

Date: _____

Nutrient

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

micronutrient
nourishment
minerals
life
and

macronutrient
essential
provides
that
the

carbohydrate
substance
protein
fat
of

maintenance
vitamins
growth
for