

Name: _____

Nutrients

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

carbohydrates

vegetarian

vegetables

nutrition

potatoes

minerals

Vitamins

protein

cheese

pasta

vegan

water

fibre

dairy

soya

diet

rice

fish

meat

milk