

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

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

# Nutrients

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

saturated fat  
vegetables  
vitamins  
sugar  
iron

balanced diet  
starches  
healthy  
fruit  
nsp

carbohydrate  
nutrient  
calcium  
water  
fat

unsaturated  
minerals  
protein  
fibre