

Name: _____

Date: _____

Nutrition

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

essential nutrients
cholesterol
digestion
calories
protein
sodium
dairy

healthy lifestyle
dehydration
nutrition
vitamins
health
fruits
water

carbohydrate
overweight
nutrients
minerals
energy
grains
fats

food groups
vegetables
starches
obesity
sugars
fiber