

Name: _____

Date: _____

Nutrition

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

vegetables	breakfast	broccoli	calories	proteins	vitamins
healthy	sodium	starch	grains	fruits	dinner
snack	apple	bread	beans	seeds	dairy
wheat	steak	lunch	rice	nuts	milk
fish	eggs				