

Name: _____

Date: _____

Nutrition

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

saturated fat

carbohydrates

amino acids

vitamin a

vitamins

minerals

calcium

protein

sodium

fibre

iron

fat