

Name: _____

Date: _____

Nutrition

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

Unsaturated fats
Carbohydrates
Proteins
Breads
Fibre
Fats

Saturated fats
Lean meat
Cereals
Water
Diet

Macronutrients
Vegetable
Fruits
Dairy
Rice