

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

# Nutrition

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

Create stored energy  
Physical activity  
Carbohydrates  
Sex/gender  
Hormones  
Species  
Growth  
Size

Fuel life processes  
Diseased state  
Weight gain  
Metabolism  
Minerals  
Protein  
Water  
Fats

Important nutrients  
Fight disease  
Weight loss  
Exercise  
Vitamins  
Repair  
Diet  
Age