

Name: _____

Date: _____

Nutrition

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

carbohydrates
nutrition
glucose
lipids
fiber

food plate
vitamins
protein
water
diet

nutrients
calcium
mineral
dairy