

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

# Nutrition

1. NNITUOIRT \_\_\_\_\_
2. CLIECA \_\_\_\_\_
3. LSTA \_\_\_\_\_
4. RGS AU \_\_\_\_\_
5. YIARD FERE \_\_\_\_\_
6. OCLSTAE NROLETTINA \_\_\_\_\_
7. GRASU NTMREELSE PAC \_\_\_\_\_
8. FEVI LUPS A AYD \_\_\_\_\_
9. RUITF \_\_\_\_\_
10. ETSEBLVEAG \_\_\_\_\_
11. TSDAEARTU TFAS \_\_\_\_\_
12. OORPNTI TORNCOL \_\_\_\_\_
13. IBFRE \_\_\_\_\_
14. EHTYHLA ETALP DMEOL \_\_\_\_\_
15. ATELHHY FOOD MRIPDYA \_\_\_\_\_
16. ESARLCE \_\_\_\_\_
17. ALNE TASEM \_\_\_\_\_
18. TRLCEUU \_\_\_\_\_
19. GRNAIS \_\_\_\_\_
20. IGDNAER LELBSA \_\_\_\_\_

## Word Bank

dairy free  
lean meats  
fruit  
vegetables  
sugar replacements

portion control  
healthy plate model  
sugar  
culture  
celiac

healthy food pyramid  
saturated fats  
grains  
five plus a day  
lactose intolerant

fibre  
Nutrition  
reading labels  
cereals  
salt