

Name: _____

Date: _____

Nutrition and Hydration Week

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

Healthy Body and Mind
Ice Cream
Cucumber
Vitamins
Ginger
Heart
Steak

French Fries
Olive Oil
Minerals
Berries
Peanut
Honey
Water

Kidney Bean
Vegenaise
Sea Salt
Spinach
Brain
Mango
Oats