

Name: _____

Date: _____

Nutrition through life

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

health'	calcium	carbohydrates	osteoporosis	adolescents	metabolism
riboflavin		kilojoules	protection	adulthood	nutrients
thiamine		balanced	exercise	minerals	vitamins
obesity		elderly	infancy	disease	protein
scurvy		warmth	growth	repair	energy
water		iron	diet	fuel	fat