

Name: _____

Date: _____

Nutrition week 2

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

WaterSoluble
Potassium
Fluoride
VitaminD
Copper
Iron

Phosphorus
Essential
Chloride
VitaminC
Sodium

FatSoluble
FolicAcid
VitaminE
Calcium
Niacin

hydration
Chromium
Thiamine
Iodine
Zinc