

Name: _____

Date: _____

Protein and Fats

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

incomplete protein
saturated fats
protein
meat
fats

unsaturated fats
energy source
lipids
fish

complete protein
amino acids
wheat
nuts