

Name: _____

Date: _____

Sport Nutrition

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

glycaemic index	polysaccharides	monosaccharides	polyunsaturated
macronutrients	micronutrients	complex starch	simple sugars
monosaturated	carbohydrates	disaccharids	glycogen
minerals	vitamins	proteins	glucose
water	fibre	chO	fat