

Name: _____

Date: _____

Thiamine

W U T E K V S V H H F D Y P R F U O E P I K K R
N E W A L W 2 D L P G E S T U N L A W I D C I M
C 1 S U G B R M M Y 1 K G Y G R E N E S 1 V 2 A
2 I H N G 1 U I E F Y I M V K N E M I T K N A W
K E M C M W L L P M Y O B B B Y A V P A R E E Y
1 2 F E M A L E O 2 O U G C L S O R C C B R T W
2 M H D V S N D I S S R F H 1 E S A S H K V A I
V U M U S C L E S K R E Y P U N N B E I E O R V
Y E L I I G P S G R O E B L N R L T T O D U D D
R E V I L F E E B M U V T O O T T Y I S M S Y H
M C O 1 P P K B 2 T H M 2 A P S W H T L V S H 2
T O V S S O L T H G I E W E W A S P I B S Y O G
D W L F C A R E 2 E B P Y S M I L K P O D S B I
M T I D T O O K 2 N R G C E O N B 1 P E D T R V
V S B M K S O D O I 2 F A E U I E D A D E E A W
H M 1 T G E T E F Y Y M 2 H D A V L R V A M C S
C W Y K E A F P 1 U P R P C B R 2 F O N G R L L
H U 1 U L W T R O C U U D L R B H U O O F R G D
K R G A A E Y E N D F S S U G A R A P S A S R B
P N I R M E U S K E E L M W R E B G O H W K K 2
A V S I 1 D K S G G C O N D U C T I O N V E T D
A U I C 1 V 2 I H F S T U O R P S L E S S U R B
2 M M R Y R C O N T R A C T I O N N L U T A E M
H T I T F B B N W M O O D C H A N G E S 1 K O I

- | | | | | |
|-----------------|----------------|---------------|---------------|--------------|
| brussel sprouts | nervous system | water soluble | poor appetite | mood changes |
| carbohydrate | weight loss | memory loss | contraction | depression |
| pistachios | beef liver | 1.2 female | conduction | asparagus |
| 1.1 male | walnuts | yoghurt | seaweed | lentils |
| muscles | cheese | energy | brain | pork |
| fish | meat | milk | B1 | |