

Name: _____

Date: _____

Vegetarianism

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

VEGETARIANISM
VEGETARIAN
CALCIUM
DAIRY
LACTO
IRON

NUTRITIONAL
PROTEINS
LEGUMES
FIBER
VEGAN
TOFU

VEGETABLES
VITAMINS
GRAINS
FRUIT
FATS
OVO