

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Vitamin and minerals

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

- |               |              |             |             |            |
|---------------|--------------|-------------|-------------|------------|
| Peanut butter | Boiled chana | Cauliflower | Lady finger | Pine apple |
| Potatoes      | Almonds      | Cabbage     | Cereals     | Sprouts    |
| Banana        | Carrot       | Cashew      | Ginger      | Orange     |
| Pulses        | Turnip       | Apple       | Grams       | Maize      |
| Onion         | Milk         | Mint        | Oats        | Pea        |