

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

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

# What Fuel Does Your Body Need?

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

Carbohydrate  
Vegetables  
minerals  
chicken  
Water

Antibodies  
glycogen  
Vitamins  
energy  
Milk

Aminoacids  
starches  
glucose  
sugar  
Fat