

Name: _____

Date: _____

What do you think when you think about protein?

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

strength

exercise

healthy

yogurt

Muscle

beans

Nuts

Milk

Tofu

Meat