

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

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

# health

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

saturated fats  
antioxidants  
cholesterol  
minerals  
anemia

carbohydrates  
unsaturated  
trans fats  
vitamins  
fiber

dehydration  
homeostasis  
metabolism  
proteins  
fats

electrolytes  
amino acids  
nutrients  
calories