

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

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

# nutrition

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

physical activity  
saturated fat  
watermelon  
trans fat  
spinach  
yogurt  
bread  
meat

vegetables fruit  
carbohydrates  
olive oil  
nutrients  
chicken  
cheese  
pasta  
rice

unsaturated fat  
strawberries  
eye sight  
minerals  
calcium  
grains  
fiber  
zinc

dairy products  
healthy skin  
digestion  
vitamins  
protein  
sodium  
water  
iron

heart disease  
blueberries  
potassium  
muscles  
tomato  
beans  
eggs  
fat