

Name: _____

Food & Nutrition

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

polyunsaturated fats
antioxidants
whole foods
minerals
protein
meals
fats

portion control
whole grains
kilojoules
vitamins
snacks
meats

balanced diet
natural food
vegetables
seafood
starch
fruit

Carbohydrates
dairy foods
calories
healthy
sugars
oils