

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

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

# Food and Nutrients

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

carbohydrate

Vegetables

Minerals

Vitamins

Protein

Butter

Joules

Water

Sugar

Pasta

Fats

Iron

Milk

Meat