

Fuel

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

carbohydrate
fructose
glucose
simple
fruit
rice

wholewheat
maltose
complex
pasta
sugar

wholegrain
lactose
starch
bread
fiber

galactose
sucrose
energy
bagel
fuel