

Name: _____

Date: _____

Nutrients and functions

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

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|---------------|--------------|----------|----------|----------|
| Carbohydrates | Thyroidgland | Minerals | Regulate | Vitamins |
| Healthy | Protein | Tissues | Bruise | Energy |
| Hunger | Kidney | Lodine | Repair | Blood |
| Bones | Heart | Teeth | Urine | Water |
| Fats | Hair | Iron | Milk | Sun |