Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_ Date \_\_\_\_\_\_\_\_\_

NUTRITION

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

|  |  |  |
| --- | --- | --- |
| BALANCED | CARBOHYDRATES | CHEESE |
| CHICKEN | CHOLESTEROL | DAIRY |
| ENERGY | FAT | FIBER |
| FOOD | FRUIT | HEALTHY |
| JUNK FOOD | MILK | MINERALS |
| MY PLATE | NUTRITION | PROTEINS |
| SALT | SUGAR | UNHEALTHY |
| VEGETABLES | VITAMINS | WATER |