|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Food and You

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

   calcium       calories       carbohydrate       cholesterol       dairy       exercize       fats       fiber       fruit       grains       growth       healthy       ingredients       iron       label       mineral       nutrient       nutrition       plate       potassium       protein       pyramid       servings       sodium       strength       sugar       vegetable       vitamins       water       zinc