Lewensvaardighede

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| E | C | P | I | P | A | Z | B | K | C | S | J | W | Q | G | S | Q |
| B | K | K | I | N | D | E | R | R | E | G | T | E | V | R | X | F |
| C | E | K | A | L | O | I | D | V | E | T | T | E | U | O | W | T |
| G | M | O | F | N | H | S | P | B | E | Q | W | S | O | E | P | B |
| A | O | O | K | D | S | U | G | R | O | E | N | T | E | P | S | U |
| P | S | L | N | K | B | I | N | K | I | V | P | G | E | W | T | L |
| R | I | H | O | W | Y | W | M | P | G | D | D | B | S | E | E | L |
| Q | E | I | U | P | B | E | V | P | T | D | A | C | X | R | R | E |
| V | S | D | E | W | B | L | T | F | S | K | W | J | R | K | K | B |
| R | U | R | R | I | I | Q | B | V | H | Z | T | X | O | N | P | A |
| U | T | A | T | P | R | O | T | E | I | E | N | E | E | V | U | K |
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   kinderregte       groepwerk       portuurgroep       afknouer       bullebak       boelies       vette       proteiene       suiwel       koolhidrate       groente       vrugte       swakpunt       sterkpunt       emosies