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

Nutrition

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

   Saturated fats       Unsaturated fats       Lean meat       Vegetable       Diet       Fruits       Breads       Cereals       Water       Dairy       Fibre       Rice       Fats       Proteins       Carbohydrates       Macronutrients