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

Nutrition Puzzle

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

   meal       weight       unhealthy       overweight       quantity       obesity       growth       calcium       concentrated       food allergy       hunger       nutrient-dense       unsaturated fats       saturated fats       appetite       health       body       nutrition       sugars       diet       calories       oils       dairy       grains       vegetables       fruits       osteoperosis       reaction       minerals       vitamins       cholesterol       proteins       fiber       carbohydrates       water