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

Nutrition through life

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

   obesity       osteoporosis       scurvy       metabolism       health'calcium       riboflavin       kilojoules       thiamine       iron       diet       balanced       warmth       elderly       adulthood       adolescents       infancy       nutrients       exercise       protection       disease       fat       minerals       vitamins       water       growth       repair       fuel       energy       carbohydrates       protein