

Name: _____

Q3: Diet

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

Timingofintake

Phosphorus

Loading

Fibre

Carbohydrate

Vitamins

Calcium

Water

Supplements

Minerals

Protein

Fats