

Name: _____

Date: _____

Vitamins and minerals

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

Vegetables	Riboflavin	Folicacid	magnesium	Thiamine
chlorine	vitamins	Minerals	SeaFood	Bananas
Oranges	calcium	Growth	Energy	Grains
Health	Niacin	Iodine	Biotin	copper
cobalt	Dairy	Meat	Diet	Iron