

Name: _____

Nutrition Scramble

1. NITUINOTR nutrition
2. AWRET water
3. SEHTARRDAOBCY carbohydrates
4. DRYOMTALEE moderately
5. TSELA least
6. GBESVALETE vegetables
7. IRPOTNE protein
8. AMRISELN minerals
9. EIRBF fibre
10. IRUFT fruit
11. TFSA fats
12. OODF food
13. GLHNIOAWER wholegrain
14. MATE meat
15. MXECPOL complex
16. CLHOOECTA chocolate
17. ELRCEA cereal
18. BLNAEDCA balanced
19. CNEUEGINLD indulgence
20. AEHHYTL healthy