

Name: _____

Date: _____

Nutrition

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

brussel sprouts	strawberries	green tea	cucumbers	broccoli
tomatoes	bannanas	vitamins	exercise	chicken
carrots	granola	oranges	protien	grains
yogurt	greens	salads	apples	sleep
water	kail	milk	fish	meat