Name: _____ Date: _____

What I need to grow STRONG!

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

Carbohydrates
Exercise
Calcium
Fiber
Vegetables
Calories
Protien
Zinc
HAVE FUN!
Support
Fruit
Iron

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