

Name: _____

Date: _____

mkl

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

nutrients density
 saturated fats
 empty foods
 proteins
 vitamins
 sodium

unsaturated fats
 carbohydrates
 nutrients
 minerals
 calorie
 hunger

foodbone illness
 calorie food
 nutrition
 appetite
 fibers