

Name: _____

Date: _____

Flour

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

All Purpose
Flaxseed
Amylase
Wheat
Rye

Bread Flour
Lcystein
Quinoa
Flour

Corn flour
Glutenin
Potato
Rice

Buckwheat
Gliadin
Gluten
Soy