

Name: _____

Date: _____

Intro to Nutrition and Wellness

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

environmental wellness
food availability
means of reward
comfort food
knowledge
Nutrients
Physical
energy
money
age

intellectual wellness
food associations
social wellness
nourishment
lifestyle
religion
Appetite
Family
taste

spiritual wellness
physical wellness
ethnic customs
advertising
nutrition
wellness
health
social
time

emotional wellness
national origin
psychological
traditions
resources
cultural
skills
Hunger
Fads