

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Nutrition Puzzle

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

unsaturated fats  
food allergy  
unhealthy  
reaction  
calcium  
sugars  
water

nutrient-dense  
osteoporosis  
nutrition  
minerals  
weight  
grains  
meal

saturated fats  
cholesterol  
quantity  
vitamins  
growth  
fruits  
body

carbohydrates  
overweight  
appetite  
proteins  
hunger  
dairy  
diet

concentrated  
vegetables  
calories  
obesity  
health  
fiber  
oils