

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