

# Food and Nutrition

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

CHEESE

FISH

BANANAS

GLUTEN

VEGETABLES

CARBOHYDRATES

NUTRITION

YOGURT

PASTA

APPLES

CALCIUM

MINERALS

SUGAR

FOOD

CEREALS

RICE

CHICKEN

DAIRY

VITAMINS

FAT

MELON

BREAD

EGGS

FIVE A DAY

PROTEIN

NUTRIENTS

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# Fitness and Nutrition Word Search

Vegetable

Carbohydrates

Vitamins

Minerals

Energy

Power

Flexibility

Endurance

Strength

Sodium

Protein

Hydration

Grains

Metabolism

Water

Fiber

Health

Fruit

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