

Science -Food Groups and Nutrition

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

CARBOHYDRATES
FATS
HEALTHY
UNHEALTHY

DIET
FRUIT
PROTEIN
VEGETABLES

ENERGY
GROWTH
REPAIR
VITAMINS