

FOOD AND NUTRITION WORD SEARCH

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

EGGS

LEGUMES

FOOD

VITAMINS

DIGESTION

AVOCADO

WARMTH

PROTEIN

FAT

CONSTIPATION

EXCRETION

FRUIT

DIETARY FIBRE

WATER

BREAD

CARBOHYDRATE

MINERALS

LETTUCE

NUTRITION