



## Health and Nutrition

Find and circle the words in the puzzle from the list at the bottom of the page

c d o y n f f f p c i x p h o  
 v f e w e m r a g u s r u b t  
 p a u o l o r e t s e l o h c  
 m t r w z p e t s s r c o n k  
 n n r e m b e a e h v l f x w  
 c u n n n u t r i t i o u s a  
 y o i h c u v d c y n n s o p  
 e m o x r a i y y e g i n d n  
 i a u a t e l h q k n e i i c  
 j i t i t h t o c a z t m u r  
 r e v l c l z b r k u o a m n  
 d e a a a l r r z i e r t g g  
 s s b e f b a a n x e p i i e  
 u n h i n z e c j c z s v e i  
 g y f l f f h l y o m z o w d

amount	fiber	preservatives
calcium	fresh	protein
calories	frozen	salt
carbohydrate	healthy	saturated
cholesterol	iron	serving
diet	label	sodium
fact	nutritious	sugar
fat	percentage	vitamins