

## Activity: Nutrient Word Search

Print off the following puzzle and find the words listed. Hand your completed puzzle in to your teacher.

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

Carbohydrate

Protein

Fat

Calcium

Magnesium

Phosphorus

Fiber

Cholesterol

Iron

Minerals

Thiamin

Sodium

Vitamin C

Folic Acid

Vitamin A

Zinc

Riboflavin

Water