

## 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	C	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