

NUTRIENT WORD SEARCH

There are six major nutrients hidden in the puzzle below. Can you find them?

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|--------------|---------|
| Carbohydrate | Vitamin |
| Fat | Mineral |
| Protein | Water |



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