

### ACADEMIC WORD SEARCH

Name: \_\_\_\_\_

Find and circle the words. Talk to a family member or friend about what each word means to you.

### Energy Balance

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

RDA  
PORTION SIZE  
MINERALS

VITAMINS  
MACRONUTRIENTS  
RECOMMENDATIONS