



Name _____

Apple Nutrition Word Search

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

Vitamins
 Fiber
 Calories
 Potassium
 Antioxidants

Sugar
 Carbohydrates
 Hydration
 Low-fat
 Phytochemicals

Nutrients
 Hydrating
 Energy
 Digestion
 Enzymes

