

Name: _____

Nutrients in the Three Sisters

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

COPPER
FIBER
FOLATE
IRON
MAGNESIUM

PHOSPHORUS
POTASSIUM
PROTEIN
THIAMINE
VITAMINA

VITAMIN C
ZINC