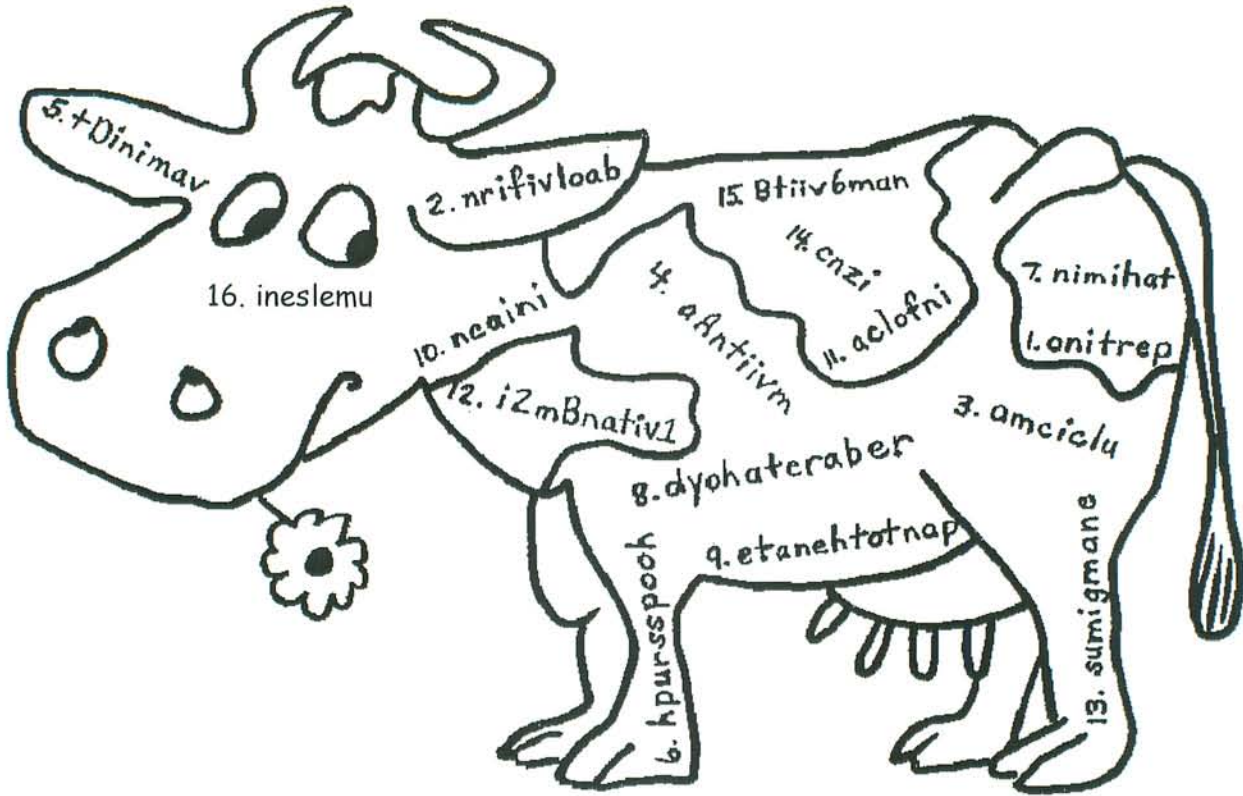


Name: \_\_\_\_\_

# Unscramble Milk's 16 Essential Nutrients

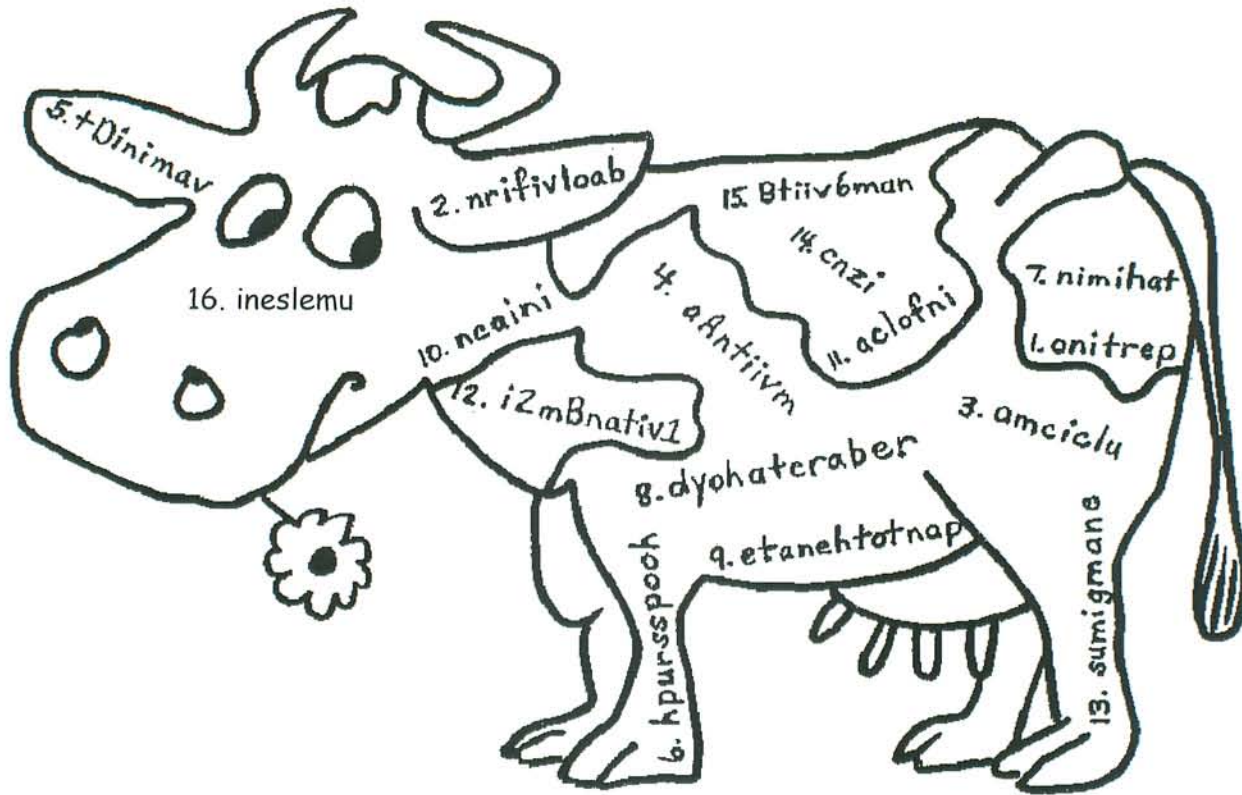


Unscramble the names of the 16 essential nutrients that one glass of milk has. Put the nutrient name on the line each time you figure one out.

- |          |           |
|----------|-----------|
| 1. _____ | 9. _____  |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

# Unscramble Milk's 16 Essential Nutrients

## Solution



### Answers:

1. Protein
2. Riboflavin
3. Calcium
4. Vitamin A
5. Vitamin D
6. Phosphorous
7. Thiamin
8. Carbohydrate
9. Pantothenate
10. Niacin
11. Folacin
12. Vitamin B12
13. Magnesium
14. Zinc
15. Vitamin B6
16. Selenium