

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

## Falls Prevention

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

Find the following words in the puzzle.  
Words are hidden → and ↓ .

ACTIVITY  
DIETITIAN  
FLUID  
FOOD  
FRAILTY

MUSCLE  
NUTRITION  
PLATE  
PREVENTION  
PROTEIN

STRENGTH