

## Appendix 1. Module 1

- Creating a letters matrix (by hand or using online software) in which students can search vertically, horizontally, or diagonally for the following words:
  - Carbohydrates, proteins, and fats (Question No.1)
  - Calcium, iron (Question No.2)
  - Energy (Question No.3)
- Below the letters matrix, add the following questions with enough space to write the answer:

-( Question No.1) "There are three macronutrients.....find them and then write them below"

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-( Question No.2) "There are two micronutrients...find them and then write them below!"

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-( Question No.3) "There is a carbohydrates function...find it and then write it below!"

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