|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Micronutrients

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 1C |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  R |  | 2B |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  R |  |  L |  |  |  |  |  | 3O |
|  |  |  |  |  | 4I |  | 5P |  |  |  |  O |  |  O |  | 6V |  | 7M |  |  S |
|  |  |  |  |  |  O |  |  O |  | 8A |  N |  T |  I |  O |  X |  I |  D |  A |  N |  T |
|  |  |  |  |  |  D |  |  T |  |  |  |  S |  |  D |  |  T |  |  G |  |  E |
|  |  |  | 9A |  |  I |  |  A |  |  |  |  |  |  P |  |  A |  |  N |  |  O |
|  |  |  |  N |  |  N |  |  S |  | 10B |  C |  |  |  R |  |  M |  |  E |  |  M |
|  |  |  |  I |  |  E |  |  S |  |  |  | 11Z |  |  E |  |  I |  |  S |  |  A |
|  |  |  |  M |  |  | 12V |  I |  T | 13A |  M |  I |  N |  S |  |  N |  |  I |  |  L |
|  |  |  |  A |  |  |  |  U |  |  D |  |  N |  |  S |  |  C |  |  U |  |  A |
|  | 14C |  A |  L |  C | 15I |  U |  M |  |  E |  |  C |  |  U |  |  |  |  M |  |  C |
|  |  |  |  |  |  R |  |  |  |  K |  |  |  |  R |  |  |  |  |  |  I |
|  |  |  |  |  |  O |  |  |  |  |  |  |  | 16E |  I |  G |  H |  T |  |  A |
|  |  |  |  |  |  N |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 17P |  H |  O | 18S |  P |  H |  O |  R |  U |  S |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  U |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 19M |  I |  N |  E |  R |  A |  L |  S |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****8.** Vitamin E is required for the proper function of many organs in the body, and is also an \_\_\_\_\_\_\_\_\_\_\_\_\_. This means it helps to slow down processes that damage cells.**10.** These vitamins are water soluble.**12.** A, B, C, D, E, K**14.** Milk, yogurt, and cheese are rich natural sources of \_\_\_\_\_\_\_\_\_\_\_\_ and are the major food contributors of this nutrient to people in the United States.**16.** There are this many vitamins that make up vitamin B complex**17.** This mineral works with calcium to help build bones**19.** Calcium, magnesium, sodium, iodine, iron are examples. | **Down****1.** \_\_\_\_\_\_\_\_\_\_\_ are high in vitamin A and may turn your skin orange if you eat too many.**2.** The body uses sodium to control \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**3.** Deficiency of vitamin D in adults can lead to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**4.** This mineral started being added to table salt in 1924 to prevent goiter**5.** This mineral helps regulate fluid balance, muscle contractions and nerve signals.**6.** Citrus fruits, tomatoes and tomato juice, and potatoes are major contributors of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the American diet **7.** Whole grains are a good source of this mineral.**9.** Iron is best absorbed from \_\_\_\_\_\_\_\_\_\_\_\_\_ sources.**11.** Deficiency of this mineral has been proven to result in weakened immune system which may lead to having more colds.**13.** These vitamins are fat soluble.**15.** When levels of this mineral are low, fatigue, weakness and difficulty maintaining body temperature often result. **18.** The best source of vitamin D |

   Vitamins       Minerals       Vitamin C       Osteomalacia       Calcium       Sun       Blood pressure       Iodine       ADEK       BC       iron       Magnesium       Zinc       eight       Animal       Carrots       Antioxidant       Potassium       Phosphorus