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

Nutrients

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|  |  |  |  |  |  |  |  |  |  |  |  | 1A |  |  |  |  |  |  |  |
|  |  | 2T |  |  |  |  |  | 3B |  |  |  |  N |  |  |  |  |  |  |  |
|  |  |  H |  |  |  |  |  |  E |  |  | 4P |  E |  L |  L |  A |  G |  R |  A |  |
|  |  |  I |  |  |  |  |  |  R |  |  |  |  M |  |  |  |  |  |  |  |
|  |  |  A |  |  |  |  | 5V |  I |  T |  A |  M |  I |  N |  K |  |  |  |  |  |
|  |  |  M |  |  |  |  |  |  B |  |  |  |  A |  |  |  |  |  |  |  |
|  |  |  I |  | 6C |  |  |  |  E |  |  |  |  |  | 7P |  |  |  |  | 8K |
|  |  |  N |  |  A |  |  |  |  R |  | 9M |  |  |  |  O |  |  | 10Z |  |  W |
|  |  |  | 11F |  L |  U |  O |  R |  I |  N |  E |  | 12V |  I |  T |  A |  M |  I |  N |  A |
|  |  |  |  |  C |  |  |  |  |  |  R |  |  |  |  A |  |  |  N |  |  S |
|  | 13I | 14O |  D |  I |  N |  E |  | 15R |  I |  C |  K |  E |  T |  S |  |  |  C |  |  H |
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|  |  |  A |  |  M |  |  | 16S |  C |  U |  R |  V |  Y |  | 17I |  R |  O |  N |  |  O |
|  |  |  N |  |  |  |  |  |  |  |  Y |  |  |  |  U |  |  |  |  |  R |
|  |  |  G |  |  |  |  |  |  |  |  |  | 18A |  |  M |  |  |  |  |  K |
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|  |  |  |  |  |  |  |  | 20N |  U |  T |  R |  I |  E |  N |  T |  S |  |  |  |
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| **Across****4.** Diarrhea, dermatitis, dementia are symptoms of **5.** Helps blood clot**11.** \_\_\_\_ helps teeth resist decay maintains bone health **12.** Suffering from night blindness means you need more \_\_\_\_\_\_\_**13.** Goiter is a disease of a \_\_\_\_\_\_\_ deficiency **15.** Brittle bones and bow legs are symptoms of **16.** If not getting enough vitamin C you could developed **17.** \_\_\_\_\_ helps cells use oxygen **19.** Rickets is a disease of having a \_\_\_\_\_\_ deficiency **20.** The body needs over 50 different \_\_\_\_\_\_\_ | **Down****1.** Having an Iron deficiency and not getting the right nutrients can lead to \_\_\_\_\_\_\_**2.** Beriberi is a disease of a \_\_\_\_\_\_ deficiency **3.** \_\_\_\_\_ affects nervous system, pain, vomiting, difficulty walking **6.** Builds bones and teeth. Helps muscles and nerves work**7.** Bananas is a great source of \_\_\_\_\_\_\_\_**8.** Edema, irritability, anorexia, enlarged liver are all symptoms of \_\_\_\_\_\_\_\_**9.** If you eat too much fish you could be poisoned by \_\_\_\_\_\_\_\_**10.** Helps wounds heal and promotes normal growth **14.** Vitamin C is found in **18.** Fatigue, weakness, poor appetite, constipation are all symptoms of \_\_\_\_\_\_ |