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

Nutrients

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|  |  | H |  |  |  |  |  | E |  |  | 4  P | E | L | L | A | G | R | A |  |
|  |  | I |  |  |  |  |  | R |  |  |  | M |  |  |  |  |  |  |  |
|  |  | A |  |  |  |  | 5  V | I | T | A | M | I | N | K |  |  |  |  |  |
|  |  | M |  |  |  |  |  | B |  |  |  | A |  |  |  |  |  |  |  |
|  |  | I |  | 6  C |  |  |  | E |  |  |  |  |  | 7  P |  |  |  |  | 8  K |
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|  |  |  | 11  F | L | U | O | R | I | N | E |  | 12  V | I | T | A | M | I | N | A |
|  |  |  |  | C |  |  |  |  |  | R |  |  |  | A |  |  | N |  | S |
|  | 13  I | 14  O | D | I | N | E |  | 15  R | I | C | K | E | T | S |  |  | C |  | H |
|  |  | R |  | U |  |  |  |  |  | U |  |  |  | S |  |  |  |  | I |
|  |  | A |  | M |  |  | 16  S | C | U | R | V | Y |  | 17  I | R | O | N |  | O |
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|  |  | G |  |  |  |  |  |  |  |  |  | 18  A |  | M |  |  |  |  | K |
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|  |  |  |  |  |  |  |  | 20  N | 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 \_\_\_\_\_\_ |