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

Vitamin/Minerals

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|  |  |  |  |  |  |  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 8 |  |  |  |  |  |  |  | 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 10 |  |  |  |  |  |  |  |  |  | 11 |  |  |  |  |  |  | 12 |  |  |  |  |  |  |  |  |  |
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|  |  |  |  | 13 |  |  |  |  |  |  |  | 14 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Across****5.** Plays a role in the regeneration of red blood cells**6.** Helps regulate body temperature **10.** Helps keep skin,tounge, and lips normal**11.** Combines with protein to make hemoglobin**12.** Helps keep nervous system healthy**13.** Helps build bones and teeth**14.** Helps blood clot**15.** Helps the body make cholesterol **17.** Helps prevent night blindness**18.** Lubricates the joints and body cells**19.** Helps the body fight infection**20.** Helps the body break down the energy nutrients | **Down****1.** Protects against pernicious anemia **2.** Helps teeth resist decay**3.** Acts as an antioxidant**4.** Helps nervous system and muscles work**7.** Helps maintain bones in adults **8.** Aids work of the immune system **9.** Helps prevent damage to the brain and spinal cord of unborn babies**16.** Promotes normal functioning of the thyroid gland |

   Vitamin A       Vitamin D       Vitamin E       Vitamin K       Vitamin C       Vitamin B6       Vitamin B12       Biotin       Calcium       Fluorine        Folate       Iodine       Iron       Magnesium       Pantothenic Acid       Niacin       Sodium,Chloride,Potassium       Thiamin       Water       Zinc