Vitamin Crossword

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  | 2 |  |  |  |
|  |  |  |  |  | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4 |  |  |  |  |  |
|  |  |  |  |  | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 6 |  |  |  |  |  |  |  |  |
|  | 7 |  |  |  |  |  |  | 8 |  | 9 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 11 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across**  **3.** What vitamin is needed for a healthy nervous system?  **5.** What vitamin promotes normal growth and development?  **7.** What vitamin helps your body use carbohydrates?  **9.** What vitamin works as an antioxidant?  **10.** What vitamin helps your body release energy from carbohydrates, fats, and proteins?  **12.** What vitamin helps protect you from infections?  **13.** What vitamin helps your body heal wounds and resist infections? | **Down**  **1.** What vitamin helps your body make non-essential amino acids?  **2.** What vitamin helps build strong teeth and bones?  **4.** What vitamin works with folate to help build red blood cells and form genetic material?  **6.** What vitamin is necessary for blood to clot normally?  **8.** What vitamin helps prevent birth defects?  **11.** What vitamin helps turn carboyrdates into energy? |