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

Vitamins Minerals Fruit and Vegetables

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|  |  |  |  |  |  |  | 2I |  N |  S |  E |  A |  S |  O |  N |  |  R |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  | 3F |
|  |  |  |  |  |  | 4D |  E |  H |  Y |  D |  R |  A |  T |  I |  O |  N |  |  |  O |
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|  |  |  |  |  |  |  |  |  |  |  | 5E |  |  | 6A |  N |  E |  M |  I |  A |
|  |  |  | 7B |  |  |  |  |  |  |  |  L |  |  |  |  |  |  |  |  C |
|  | 8S |  |  L |  |  | 9S |  C |  U |  R |  V |  E |  Y |  | 10S |  |  |  |  |  I |
|  |  T |  |  I |  |  |  |  |  |  |  |  C |  |  |  U |  |  |  |  |  N |
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|  |  |  | 19A |  S |  C |  O |  R |  B |  I |  C |  |  |  |  | 20M |  A |  C |  R |  O |
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|  | 22R |  I |  C |  K |  E |  T |  S |  |  L |  |  |  | 23W |  A |  T |  E |  R |  |  |
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| **Across****2.** The most economical time to buy fruit and vegetables in when they are (2words)**4.** Low or no urine and Thirsty are signs of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**6.** What condition is cause by a deficiency in Iron?**9.** Vitamin C prevents**11.** Browning occurs when cut surfaces of food reacts with air. This is called **13.** Number of cups of water suggested each day.**14.** The mineral \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ prevents osteoporosis**15.** When you take too many fat soluble vitamins and it makes you sick is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_**17.** A type of fruit high in Vitamin C**19.** To prevent Oxidation in fruits put a solution with \_\_\_\_\_\_\_\_\_\_\_\_\_\_ acid on them.**20.** Type of mineral that we need to get large amount of daily**22.** Deficiency of Vitamin D causes this condition in children.**23.** Fruits and 75% to 95% this nutrient | **Down****1.** One of the colors of vegetable with the highest nutrition**3.** Prevents Neural Tube defect such as Spina Bifada in unborn children**5.** Type of MIneral that balance fluids in your body.**7.** Vitamin A prevents night \_\_\_\_\_\_\_\_\_\_\_\_\_**8.** One way to retain nutrients when cooking is to **10.** Vitamin D also comes from this as well as food we eat.**12.** Whole and cut up fruit is a better way to consume fruit than \_\_\_\_\_\_\_\_\_\_\_\_\_\_**16.** One of the 4 C's of Food Safety from Farm to Table**18.** Iron is an example of this type of Miineral**21.** What are Vitamins ADE &K dissolved in? |