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

Vitamins Minerals Fruit and Vegetables

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|  |  |  |  |  |  | 4  D | E | H | Y | D | R | A | T | I | O | N |  |  | O |
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|  | 8  S |  | L |  |  | 9  S | C | U | R | V | E | Y |  | 10  S |  |  |  |  | I |
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|  |  |  | 19  A | S | C | O | R | B | I | C |  |  |  |  | 20  M | A | C | R | O |
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|  | 22  R | I | C | K | E | T | S |  | L |  |  |  | 23  W | 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? |