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

Vitamins & Minerals

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1A |  | 2B |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3C |  |  |  N |  |  A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4R |  |  L |  |  |  T |  |  L |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 5I |  R |  O |  N |  |  I |  |  A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  B |  |  T |  |  |  O |  |  N |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 6H |  |  | 7C |  |  |  |  O |  |  |  |  |  X |  |  C |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  E |  |  |  A |  |  |  | 8F |  L |  U |  O |  R |  I |  D |  E |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  A |  |  |  L |  |  |  |  L |  |  |  |  |  D |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  L |  |  |  C |  | 9H |  E |  A |  R |  T |  B |  E |  A |  T |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  T |  |  |  I |  |  |  |  V |  |  |  |  |  N |  | 10P |  |  |  |  |  |  |  |  |
|  |  | 11P |  H |  O |  S |  P |  H |  O |  R |  U |  S |  |  | 12I |  N | 13F |  E |  C |  T |  I |  O |  N |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  Y |  |  |  M |  |  |  |  N |  |  O |  |  |  |  |  T |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 14H |  |  |  |  L |  |  |  |  |  A |  | 15Z |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  E |  | 16H |  E |  A |  L |  |  |  | 17S |  P |  I |  N |  A |  C |  H |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  M |  |  |  |  T |  |  |  |  |  S |  |  N |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 18P |  R |  O |  D |  U |  C |  E |  S |  |  | 19N |  I |  A |  C |  I |  N |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  L |  |  |  |  | 20T |  H |  I |  A |  M |  I |  N |  |  |  |  |  |  |
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| **Across****5.** Meat, poultry, leafy vegetables, dried fruit all help with \_\_\_\_\_\_\_\_\_.**8.** Small amounts of \_\_\_\_\_\_\_\_\_\_ is added to the water supply in many communities.**9.** Calcium regulates \_\_\_\_\_\_\_\_\_\_, muscles and nerves.**11.** \_\_\_\_\_\_\_\_\_\_\_ builds and renews bones and teeth.**12.** Vitamin B helps protect against \_\_\_\_\_\_\_\_\_\_ and form red blood cells.**16.** Vitamin C helps wounds \_\_\_\_\_\_\_\_, keeps blood vessels healthy and increases resistance to infections.**17.** \_\_\_\_\_\_\_\_\_, orange fruits, dairy products all help with vitamin A.**18.** The body also \_\_\_\_\_\_\_\_\_\_\_\_ vitamin D itself when exposed to sunlight.**19.** \_\_\_\_\_\_\_\_\_\_ helps in energy production and helps the body resist infection.**20.** \_\_\_\_\_\_\_\_\_\_\_ maintains healthy nerves, brain and muscle functions. | **Down****1.** Vitamin E is a \_\_\_\_\_\_\_\_\_\_\_\_\_.**2.** Sodium, chloride and potassium help maintain the body's \_\_\_\_\_\_\_\_\_\_ of fluid.**3.** Vitamin K helps blood \_\_\_\_\_\_\_\_.**4.** A vitamin that keeps the lining of the nose,mouth and digestive tract healthy is \_\_\_\_\_\_\_\_.**6.** Vitamin A promotes \_\_\_\_\_\_\_\_\_\_\_ skin and hair.**7.** Vitamin D enchances \_\_\_\_\_\_\_\_\_\_ absorption.**10.** Sodium, chloride and \_\_\_\_\_\_\_\_\_\_\_\_ help with muscles and nerve actions.**13.** Another name for folic acid that helps rebuild red blood cells and prevents birth defects is \_\_\_\_\_\_\_\_\_.**14.** Iron helps rebuild and renew \_\_\_\_\_\_\_\_\_ to carry oxygen to cells.**15.** Foods like meat, liver, fish, dairy products, whole grain breads are all good sources of \_\_\_\_\_\_\_\_\_. |