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

Vitamins & Minerals

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1  A |  | 2  B |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3  C |  |  | N |  | A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4  R |  | L |  |  | T |  | L |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 5  I | R | O | N |  | I |  | A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | B |  | T |  |  | O |  | N |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 6  H |  |  | 7  C |  |  |  | O |  |  |  |  | X |  | C |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | E |  |  | A |  |  |  | 8  F | L | U | O | R | I | D | E |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | A |  |  | L |  |  |  | L |  |  |  |  | D |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | L |  |  | C |  | 9  H | E | A | R | T | B | E | A | T |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | T |  |  | I |  |  |  | V |  |  |  |  | N |  | 10  P |  |  |  |  |  |  |  |  |
|  |  | 11  P | H | O | S | P | H | O | R | U | S |  |  | 12  I | N | 13  F | E | C | T | I | O | N |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | Y |  |  | M |  |  |  | N |  | O |  |  |  |  | T |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 14  H |  |  |  | L |  |  |  |  | A |  | 15  Z |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | E |  | 16  H | E | A | L |  |  |  | 17  S | P | I | N | A | C | H |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | M |  |  |  | T |  |  |  |  | S |  | N |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 18  P | R | O | D | U | C | E | S |  |  | 19  N | I | A | C | I | N |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  | L |  |  |  |  | 20  T | 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 \_\_\_\_\_\_\_\_\_. |