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Vitamins and Minerals

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| **Across****5.** Vitamins A, D, E and K are \_\_\_ soluble.**6.** Vitamin C helps your body absorb this mineral**7.** This electrolyte plays a key role in maintaining a normal heart beat.**11.** Deficiency of iron may cause \_\_\_, which means low red blood cells.**13.** A deficiency of this water soluble vitamin may cause Scurvy.**14.** Vitamin A helps with this, especially at night.**16.** A person who follows a \_\_\_ diet may need to take a B12 supplement**17.** The grocery store we walk to for field trips.**18.** Sodium, potassium and chloride are a group of minerals called this.**20.** This mineral is found in abundance in processed foods. | **Down****1.** Vitamin B12 deficiency causes this type of anemia**2.** Found in very few foods, lack of this vitamin leads to brittle bones.**3.** Vitamin B12 is unique in that it is only found in \_\_\_\_.**4.** This mineral works with phosphorus to help strengthen bones and teeth.**8.** This mineral was added to toothpaste in 1960's to help strengthen bones.**9.** Deficiency of this mineral can lead to neural tube defects.**10.** This mineral was added to salt in the 1920's therefore a deficiency in US is rare.**12.** Pellagra is caused by deficiency of this vitamin**15.** B Vitamins like Thiamin, Riboflavin and Niacin help your body create this from foods.**19.** Vitamin K helps to \_\_your blood. |