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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. |