Vitamins and Minerals - Crossword/Word Maze Assignment by Alyson and Arian

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| **Across****1.** People who don’t get much sunlight may be deficient in vitamin \_\_\_\_\_.**4.** \_\_\_\_\_ are minerals that your body requires in very small quantities. **6.** You can get this micromineral from these food sources; legumes and nuts.**11.** This micromineral is essential for thyroid health.**13.** The function of this vitamin is to synthesise nucleic and fatty acids.**15.** Neuromuscular dysfunction and fatigue is a vitamin \_\_\_ deficiency.**17.** Deficiency in Vitamin C results in \_\_\_\_\_.**18.** \_\_\_\_\_ are minerals that your body requires in large quantities. **19.** This macromineral supports proper kidney function and works with calcium. **20.** You can get this macromineral for these food sources; almonds, cheese, milk and spinach. | **Down****2.** Citrus fruits are a great source of \_\_\_\_\_.**3.** Some deficiency symptoms of this micromineral included; dementia, depression, diarrhea, fatigue and heart disease. **5.** Scientific name for vitamin K.**7.** This vitamin is found in carrots, it is known to help eyesight.**8.** Folic Acid is known as \_\_\_\_.**9.** This vitamin is involved in the citric acid cycle.**10.** This macromineral assist in the production of collagen.**12.** This micromineral increases energy leaves and improves reflexes.**14.** Deficiency symptoms of this macromineral included; confusion, dry skin, muscle cramps and thirst. **16.** Deficiency in vitamin B3 results in \_\_\_\_\_. |