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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  | 3 |
|  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  | 6 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 8 |  |  |  |  |  | 9 |  |  |  |
|  |  | 10 |  |  |  |  |  |  |  |  |  |  | 11 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 12 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 14 |
|  |  |  |  | 15 |  |  |  |  |  |  |  |  |  | 16 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 17 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 18 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 19 |  |  |  |  |  |  |  |  |  |  | 20 |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **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 \_\_\_\_\_. |