Vitamins and Minerals Crossword

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| **Across****2.** Vitamin A is found in deep \_\_\_\_\_\_\_ fruits.**4.** Also called vitamin B**5.** Needed for a healthy nervous system**10.** Cyanocobalamin helpz build \_\_\_\_\_ \_\_\_\_\_\_ cells.**11.** Aides in the creation of blood.**14.** This mineral can be found in some nuts.**17.** Potassium can be found in \_\_\_\_\_\_\_\_.**19.** Riboflavin keeps \_\_\_\_\_\_\_\_\_\_ tract healthy**20.** Folate prevents \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_. | **Down****1.** Not found in nuts.**3.** Only found in some fruits and vegtables.**6.** \_\_\_\_\_\_\_\_\_\_\_ is a vitamin.**7.** A mimeral that comes in large quantities in fast food resturant fokd or packaged food.**8.** Aides in energy production.**9.** Food source of Vitamin K.**12.** You can get vitamin D from the \_\_\_\_\_\_\_\_.**13.** When low on iron you can develope this.**15.** Found in whole grain breads.**16.** Calcium builds \_\_\_\_\_\_\_\_.**18.** Chloride helps with tge regulation and \_\_\_\_\_\_\_\_ of blood cells |