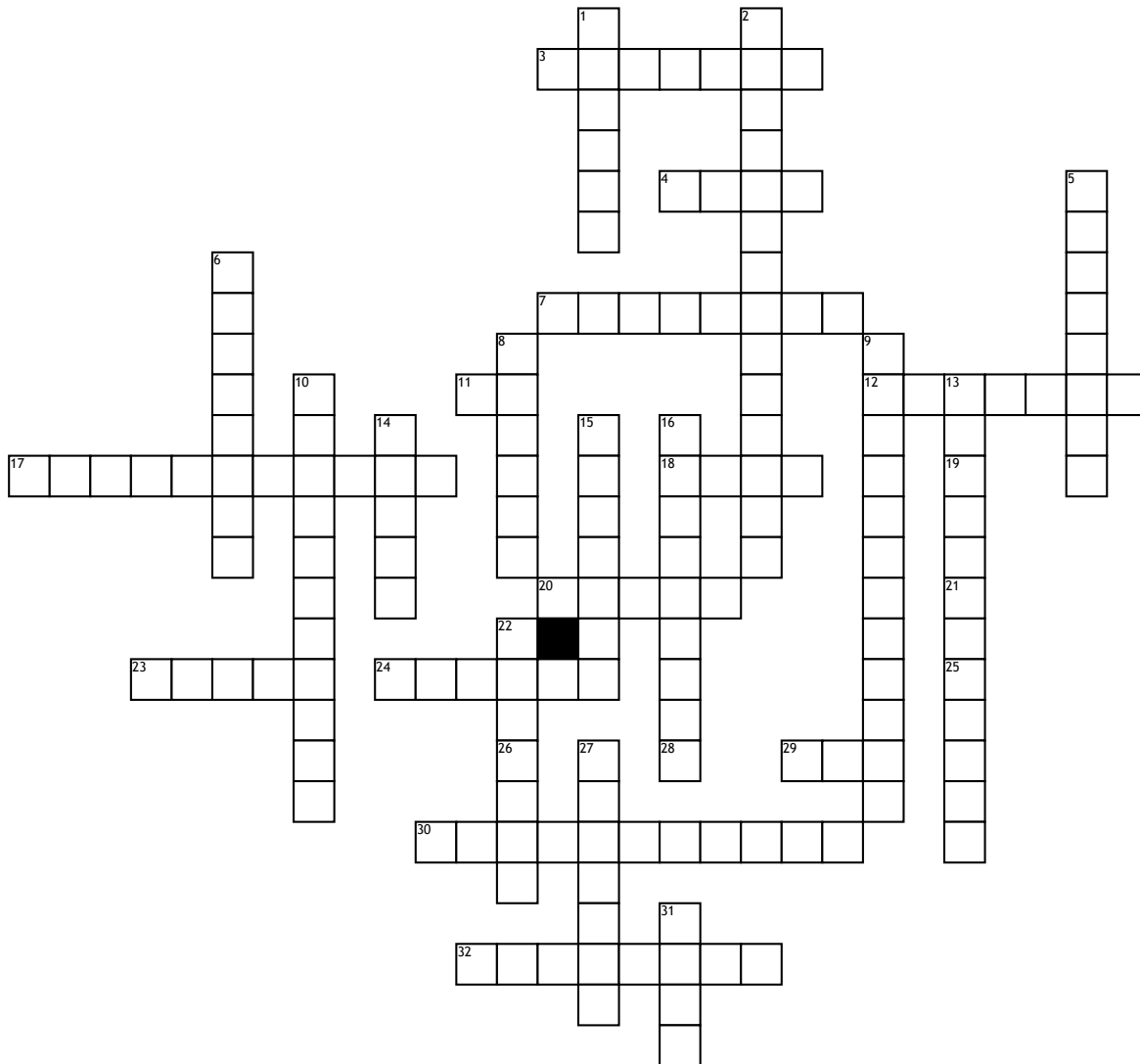


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrients



## Across

3. Macro nutrient  
 4. source of vitamin e, many people have allergies to this  
 7. source of vitamin d  
 11. water soluble vitamins  
 12. deficiency disease of iron  
 17. iron makes this substance in the blood, it helps carry oxygen  
 18. fat soluble vitamins  
 19. the function of this vitamin is to heal cuts and wounds  
 20. helps prevent bowel disease and constipation  
 21. the function of this vitamin is to release energy from food and health nerves  
 23. we should drink 8 glasses of this aday

24. this mineral controls water balance in the body  
 25. this vitamin helps absorb iron  
 26. the vitamin that helps blood clot  
 28. this vitamin helps absorb calcium  
 29. this nutrient protects our delicate organs  
 30. deficiency disease of calcium  
 32. deficiency disease of vitamin b  
**Down**  
 1. a citrus source of vitamin c  
 2. deficiency disease vitamin A  
 5. this mineral helps make teeth strong  
 6. another deficiency disease of vitamin b  
 8. deficiency disease of vitamin c  
 9. a macro nutrient

10. this mineral combines with calcium for strong bones and teeth  
 13. another name for vitamin c  
 14. the RDA of this nutrient if 25-35g aday  
 15. a mineral found in the bones of tinned fish  
 16. too much of this type of fat builds cholestrol on the walls of our arteries  
 22. deficiency disease vitamin D  
 27. this nutrient helps produce hormones, enzymes and antibodies  
 31. a source of vitamin b from an animal