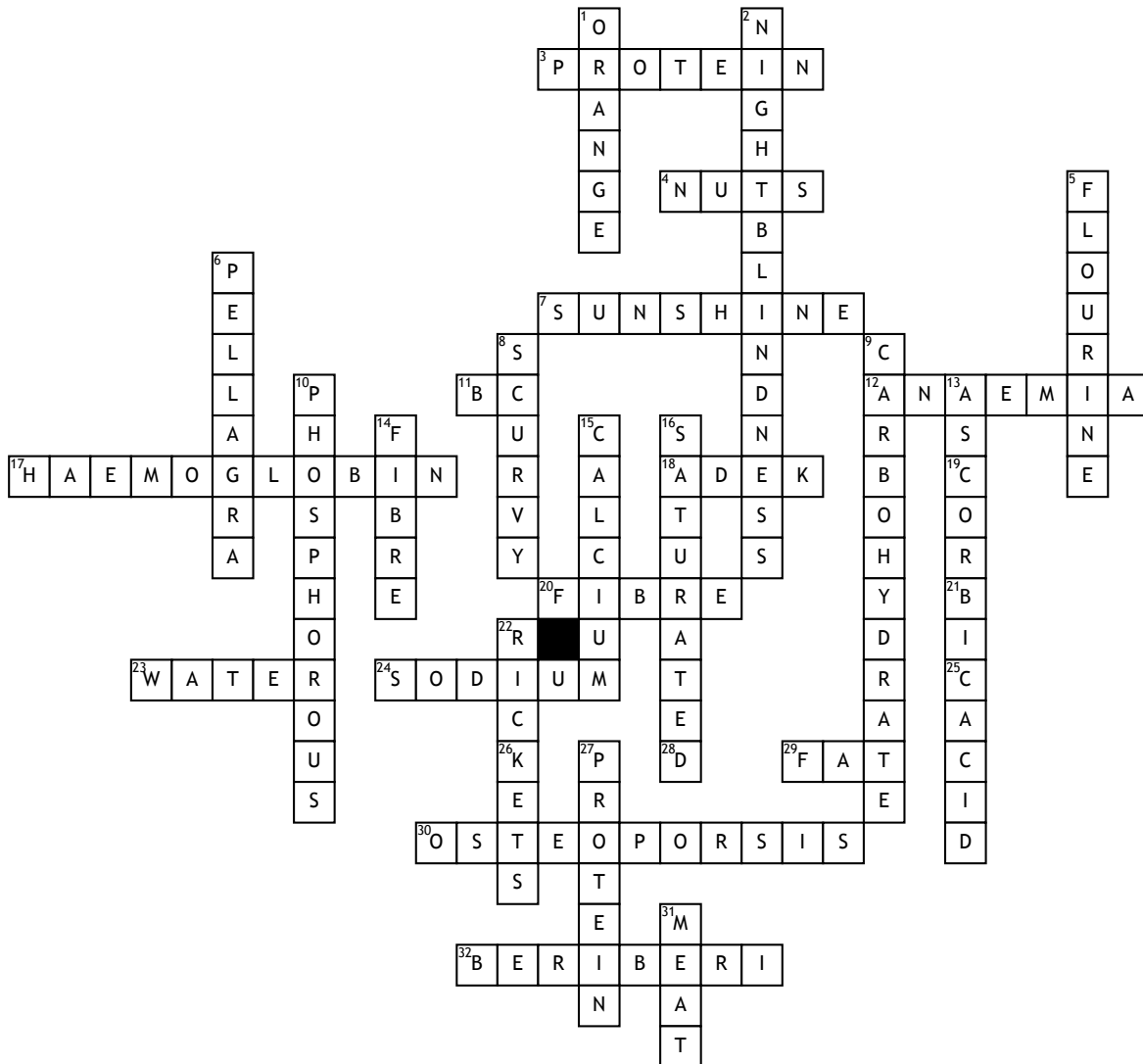


Name: _____

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 is 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