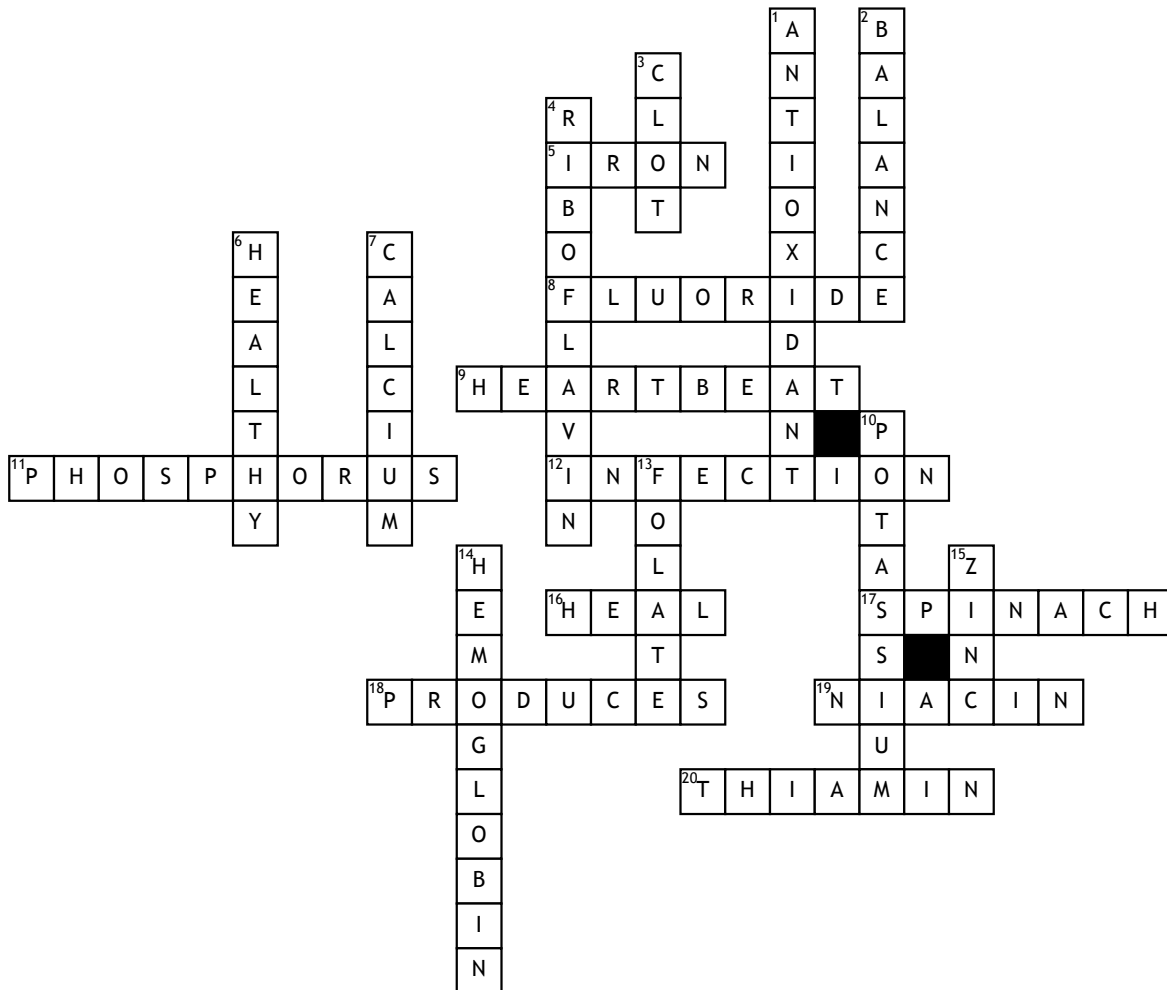


Name: _____

Date: _____

Vitamins & Minerals



Across

5. Meat, poultry, leafy vegetables, dried fruit all help with _____.

8. Small amounts of _____ is added to the water supply in many communities.

9. Calcium regulates _____, muscles and nerves.

11. _____ builds and renews bones and teeth.

12. Vitamin B helps protect against _____ and form red blood cells.

16. Vitamin C helps wounds _____, keeps blood vessels healthy and increases resistance to infections.

17. _____, orange fruits, dairy products all help with vitamin A.

18. The body also _____ vitamin D itself when exposed to sunlight.

19. _____ helps in energy production and helps the body resist infection.

20. _____ maintains healthy nerves, brain and muscle functions.

Down

1. Vitamin E is a _____.

2. Sodium, chloride and potassium help maintain the body's _____ of fluid.

3. Vitamin K helps blood _____.

4. A vitamin that keeps the lining of the nose, mouth and digestive tract healthy is _____.

6. Vitamin A promotes _____ skin and hair.

7. Vitamin D enhances _____ absorption.

10. Sodium, chloride and _____ help with muscles and nerve actions.

13. Another name for folic acid that helps rebuild red blood cells and prevents birth defects is _____.

14. Iron helps rebuild and renew _____ to carry oxygen to cells.

15. Foods like meat, liver, fish, dairy products, whole grain breads are all good sources of _____.