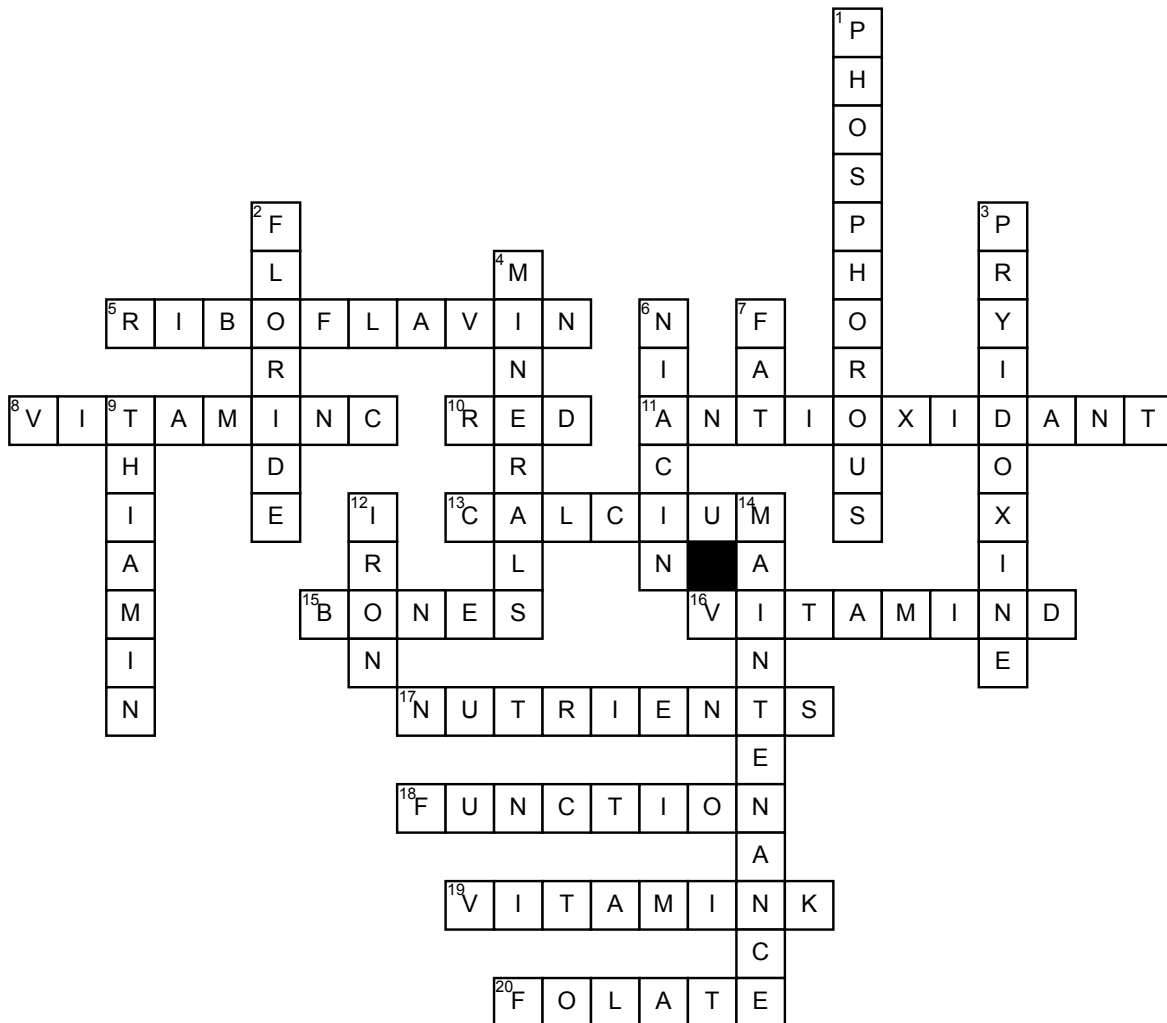


Name: _____ Date: _____

Vitamin and Minerals Crossword



Across

5. Keeps lining of nose, mouth and digestive tract healthy
 8. Found in citrus fruits such as oranges
 10. Cyanocobalamin builds _____ blood cells
 11. Vitamin A is a _____
 13. Regulates heartbeat, muscles and nerves
 15. Calcium helps build _____ and teeth

16. Can be produced by our bodies when skin is exposed to sunlight

17. _____ are protected from damage because of vitamin E
 18. Magnesium helps nerved and muscles _____
 19. Helps blood clot
 20. Prevents birth defects

Down

1. Helps in energy production

2. Prevent tooth decay by strengthening teeth
 3. Helps form red blood cells
 4. Sodium, chloride, and potassium are examples of _____
 6. Also known as vitamin B3
 7. _____-soluable vitamins include A, D, E and K
 9. Maintains healthy nerves, brain, and muscle functions
 12. Helps build and renew hemoglobin
 14. Zinc helps in growth and _____ of body tissues