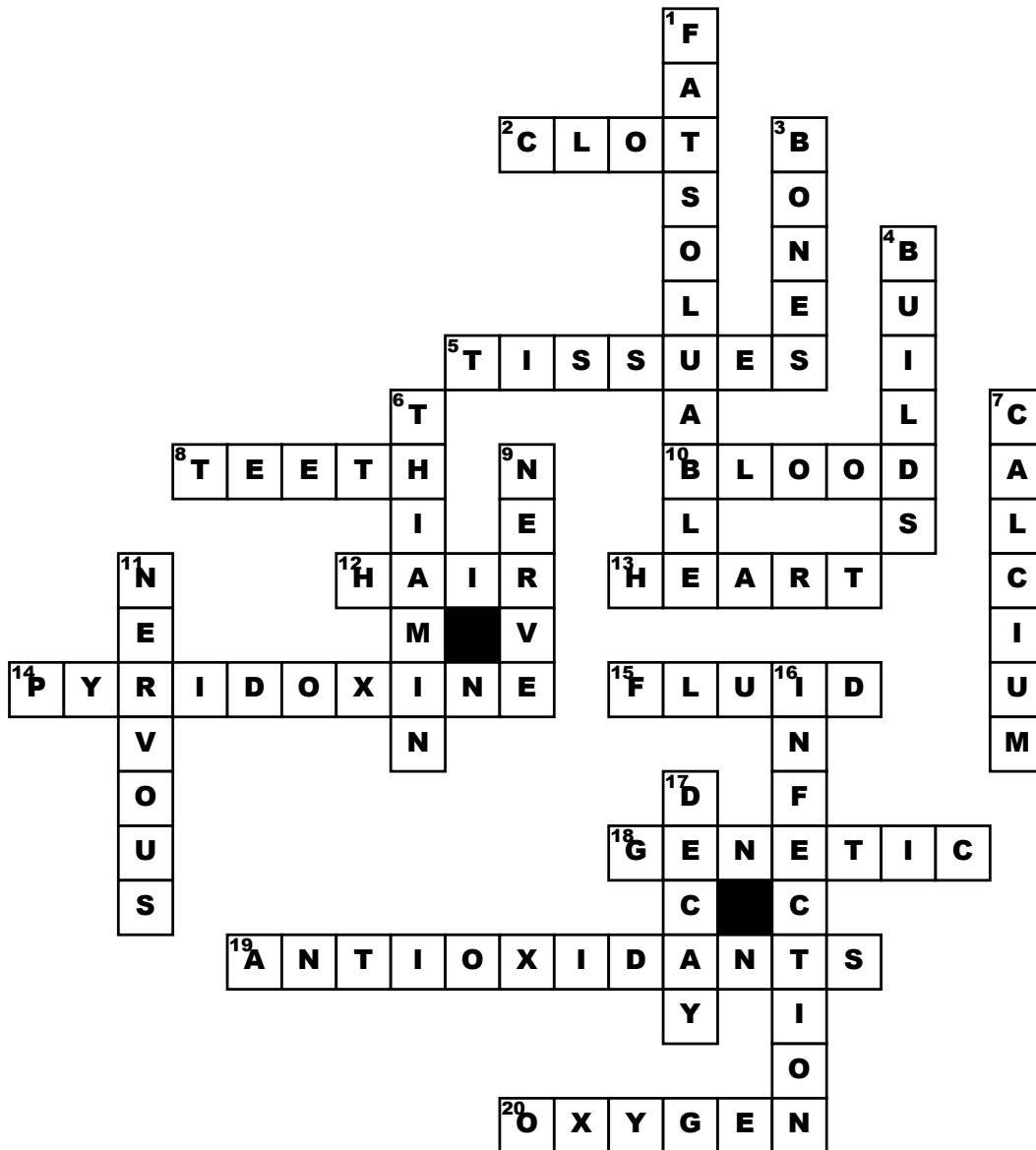


Name: _____

Vitamins & Mineral Crossword



Across

2. Vitamin K helps blood to _____

5. Zinc helps heal wounds plus form blood also helps in growth and maintenance of the bodies _____

8. Vitamin C increases resistance to infection, maintains healthy _____ and gums, helps wounds heal and keeps blood vessels healthy.

10. Vitamin E is a antioxidant helps form red _____ cells and muscles also protects other nutrients from damage

12. Vitamin A is an antioxidant, promotes growth and healthy skin and _____, helps eyes adjust to darkness, and helps body resist infections

13. Folate (folic acid) helps red blood cells, may helps protect against _____ disease and helps prevent birth defects.

14. _____ helps in energy production, needed for healthy nervous system, helps protect against infection and helps form red blood cells.

15. Sodium, Chloride, and Potassium help maintain the bodies balance of _____ and helps with muscle and nerve actions_

18. Vitamin (B12) helps in energy production, needed for healthy nervous system, helps build red blood cells and also helps form _____ material

19. Vitamins A, C, and E act as _____ helping to protect the bodies cells from damage that can lead to health problems

20. Iron helps and renew hemoglobin to carry _____ to cells

Down

1. _____ vitamins include vitamins A, D, E and K in fats. both in food and your body. stores this vitamin in body fat and in the liver.

3. Vitamin D helps build strong _____ and teeth and also enhances calcium absorption

4. Phosphorus _____ and renews bones plus teeth, helps in energy production

6. _____ Helps in energy production, maintains healthy nerves, brain and muscle functions.

7. _____ builds and renews bones plus teeth, regulates heartbeat, muscles and nerves.

9. magnesium builds and renews bones also helps _____ and muscle function

11. Niacin (B3) is needed for a healthy _____ system.

16. Riboflavin helps in energy production also helps the body resist _____ and keeps lining of nose, mouth and digestive track healthy.

17. Floride helps prevent tooth _____ by strengthening teeth