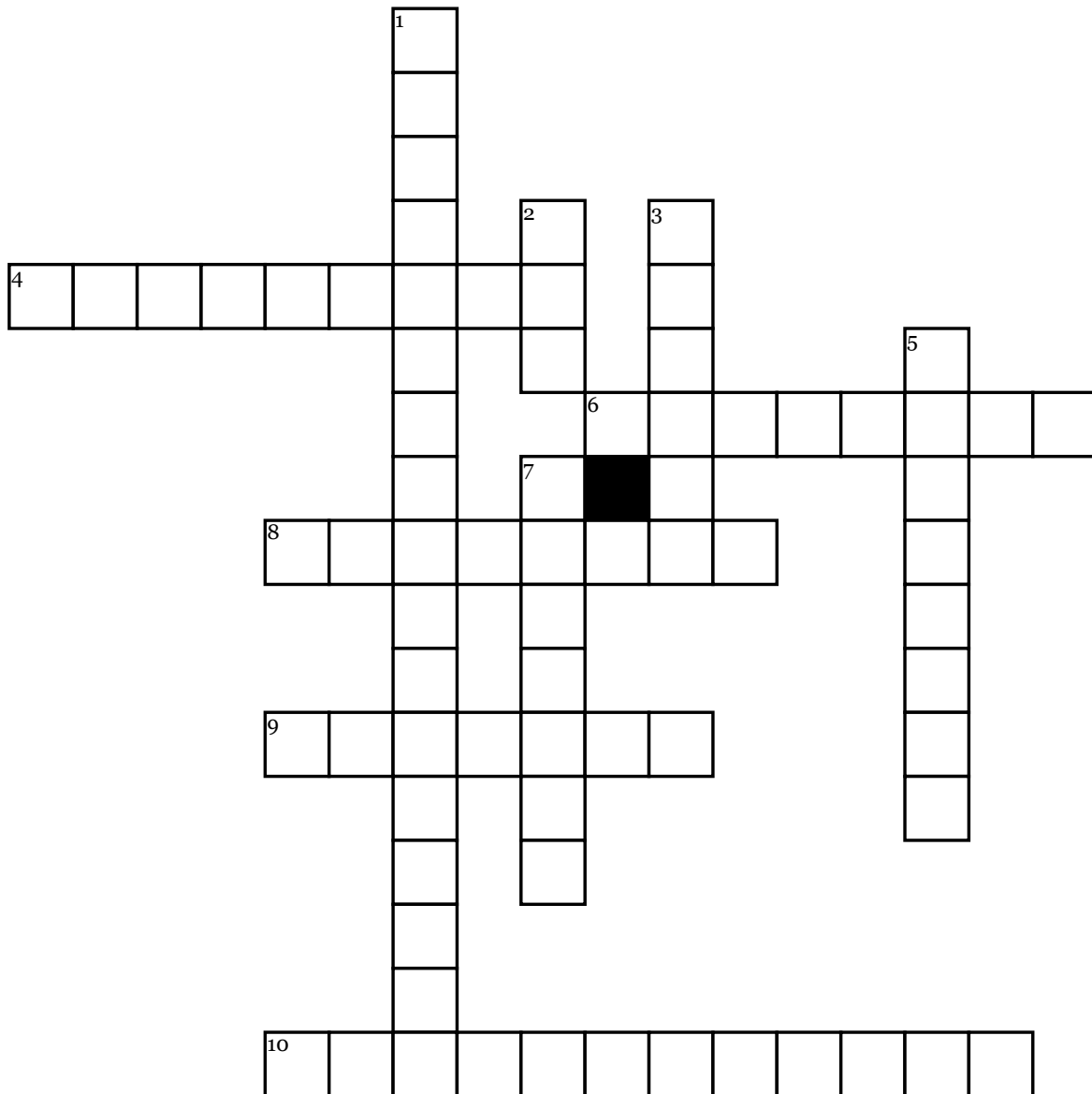


Name: _____

Date: _____

Calcium & Vitamin D



Across

- 4. Typically our best source of calcium
- 6. can also be obtained from sunlight
- 8. Slowly declines after 35 years of age
- 9. Helps control muscle contractions
- 10. Causes bones to become weak

Down

- 1. some people lack the enzyme lactase
- 2. Used to show how much calcium is in the food
- 3. naturally lack calcium
- 5. helps the body more easily absorb calcium in the digestive tract
- 7. avoid