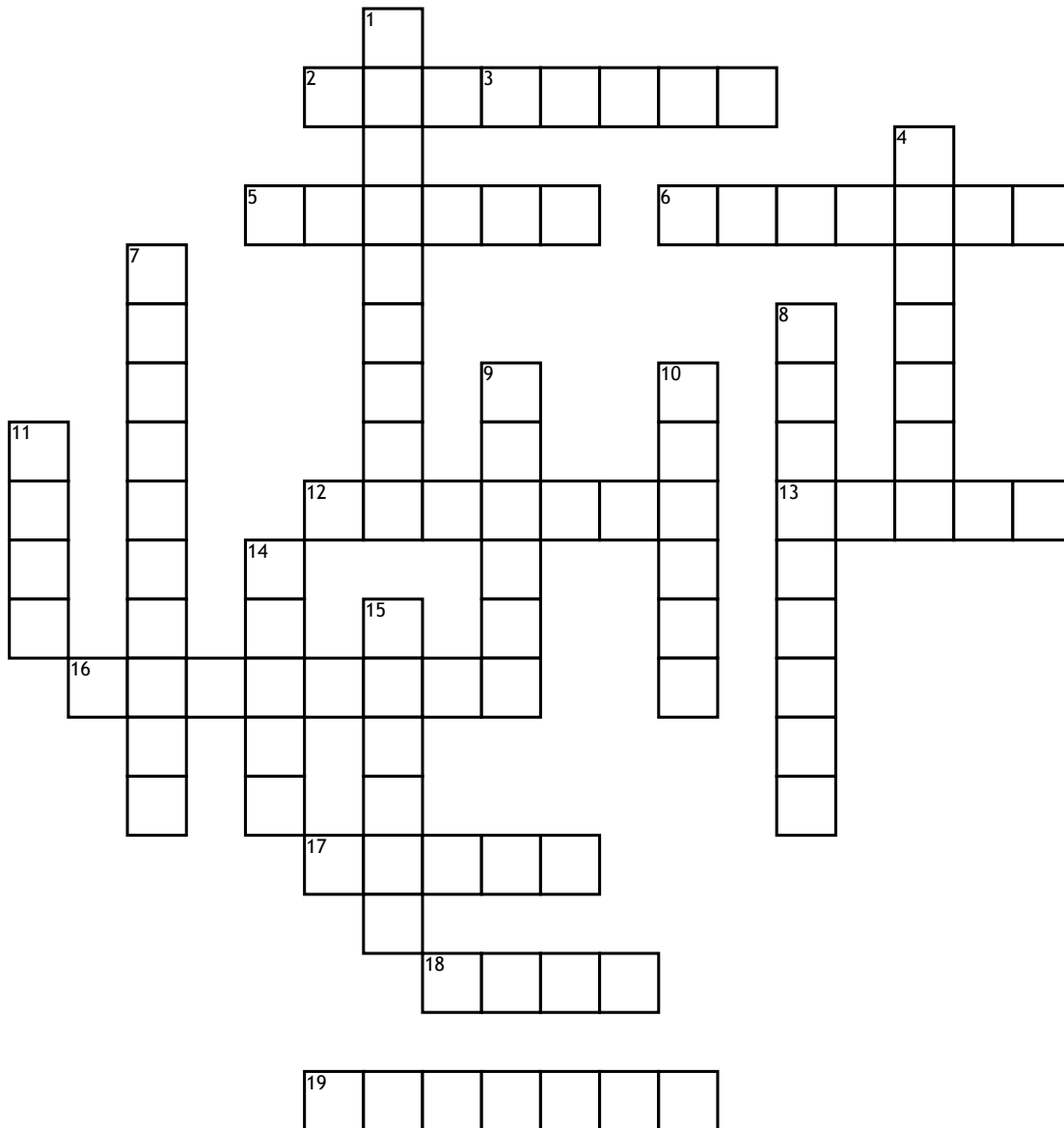


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Chloe's crossword



## Across

2. — is an antioxidant.  
 5. Vitamin B can help — production.  
 6. Builds and renews bones and teeth  
 12. Thiamin maintains — nerves, brain and muscle functions.  
 13. Magnesium helps build and — bones  
 16. — helps prevent tooth decay by strengthening teeth.

17. Folate helps to prevent—defects.  
 18. Vitamin C maintain healthy teeth and —.  
 19. Zinc helps in growth and maintenance of body—  
**Down**  
 1. Riboflavin keeps lining of nose, mouth, and — track healthy.  
 3. Vitamin — helps our body resist infections.  
 4. — D helps build strong bones and teeth.

7. Vitamin E helps form red — — and muscles.  
 8. Vitamin E is able to protect other — from damage.  
 9. — helps build red blood cells.  
 10. Iron helps build and renew hemoglobin to carry — to cells.  
 11. —helps heal wounds and form blood.  
 14. Vitamin K helps — to clot.  
 15. — is needed for a healthy nervous system.