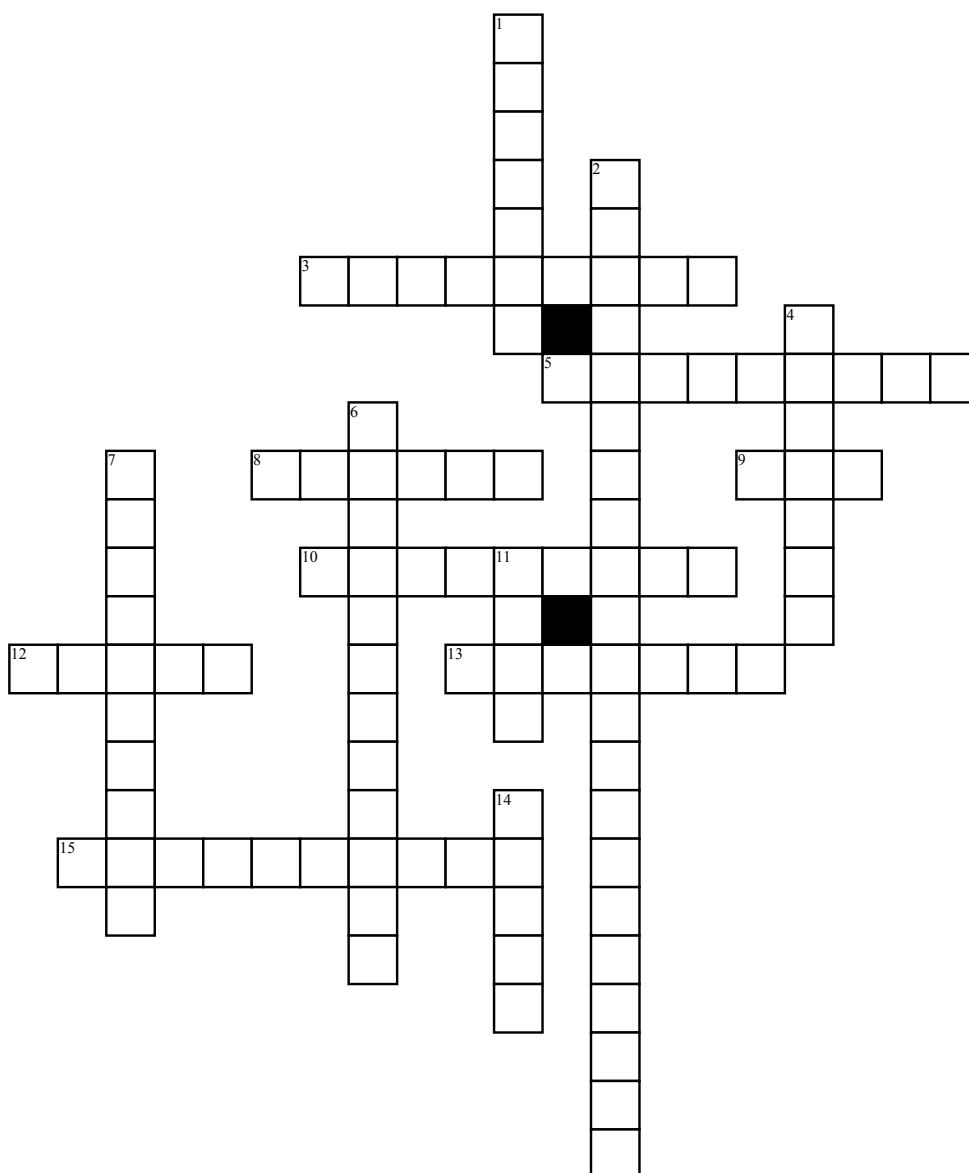


Name: _____

Date: _____

Dietetics Day 2019 (Theme: Anemia Mukht Bharat)



Across

3. A vitamin essential before and during pregnancy
 5. vegans are at risk for being low in this vitamin
 8. An oilseed used widely during Sankranti festival, one of the rich source of micronutrients
 9. A dried fruit, good source of iron
 10. food products that have iron added to them are called as

12. An oilseed, rich source of iron

13. the type of iron found in plants

15. a chronic hereditary blood disease

Down

1. a leafy vegetable, one of the good source of folic acid

2. severe depletion of iron stores results in this type of anemia

4. common symptom of iron deficiency anemia

6. a vitamin helps in the absorption of iron

7. the oxygen carrying protein of erythrocytes

11. an element required for production of hemoglobin

14. the only fluid tissue in human body