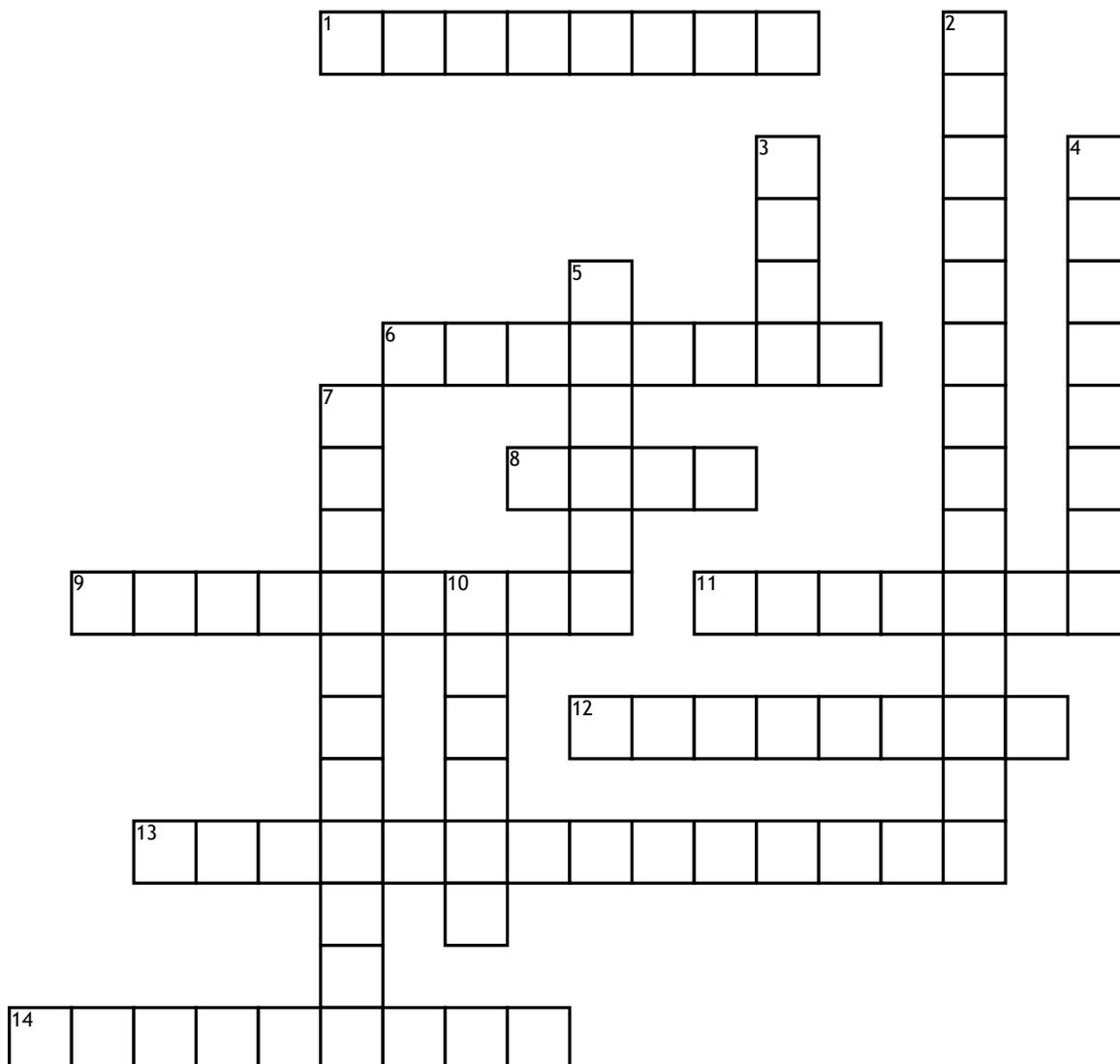


# Grade 10 Organic Chemistry



## Across

1. Plants absorb this in the form of  $\text{NO}_3^-$  and  $\text{NH}_4^+$  from the soil  
 6. Found in fish and added to drinking water in South Africa  
 8. A co-factor of many enzymes and is responsible for growth and repair of tissues  
 9. Found in bananas and aids in muscle relaxation

11. Strong bones and teeth  
 12. Found in table salt  
 13. Required in small amounts  
 14. Activates certain enzymes and plays a role in contraction of muscles

## Down

2. Required in large amounts

3. Forms part of the haemoglobin molecule in humans  
 4. Deficiency of this antioxidant leads to a weak immune system  
 5. Needed to secrete HCl in the stomach  
 7. Part of ATP, DNA and RNA  
 10. Goitre is the result of the deficiency