

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

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

# Health Science

## Across

3. ??? helps strengthen your teeth.

5. Calcium builds and ??? bones and teeth.

7. Vitamin D ??? calcium absorption.

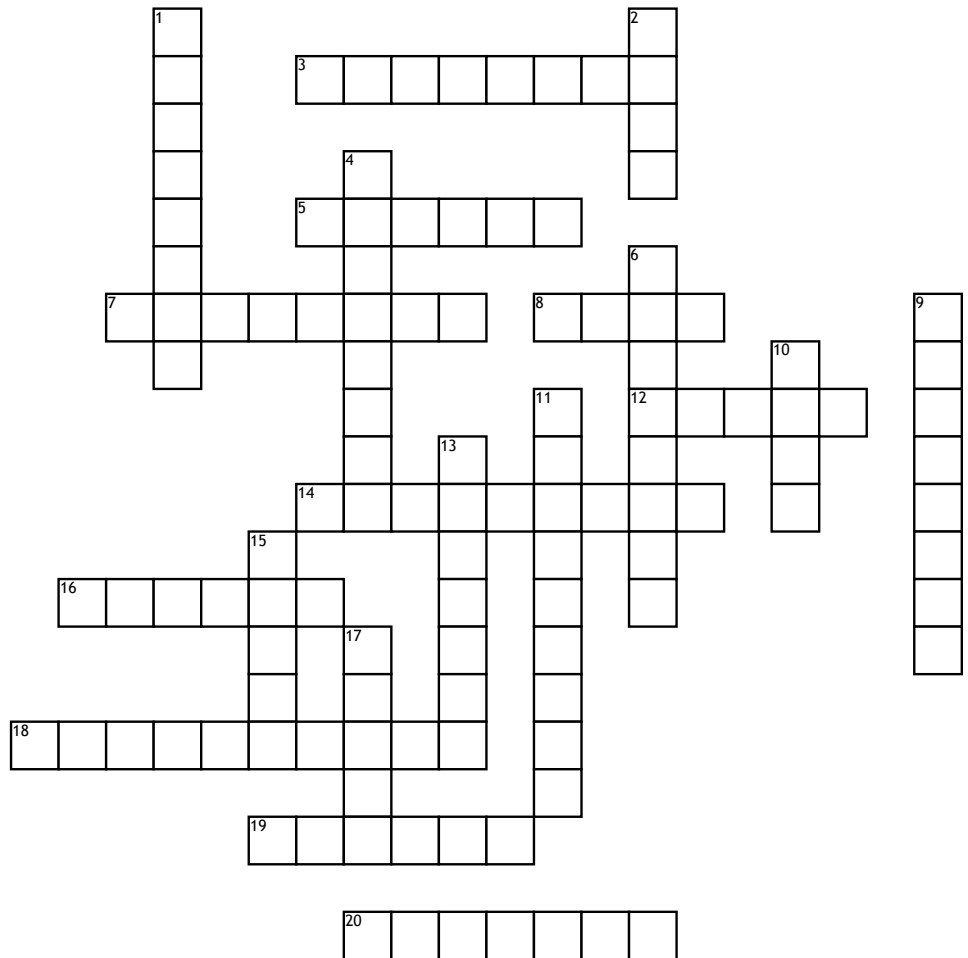
8. Vitamin A helps ??? adjust to darkness.

12. Vitamin K helps ??? to clot.

14. Riboflavin helps the body resists ???

16. Iron helps build and renew hemoglobin to carry ??? cells.

18. ??? helps in energy production.



19. All types of Vitamin B help with the production of ???

20. Thiamin maintains ??? nerves, brains and muscle functions.

## Down

1. ??? helps keep blood vessels healthy.

2. Zinc helps ??? wounds and forms blood.

4. Vitamin C increases ??? to infection.

6. Folate helps build ??? cells

9. Vitamin E ??? other nutrients from damage.

10. Magnesium builds and renews ???

11. Sodium chloride and ??? help with muscle and nerve action.

13. Vitamin B6 is needed for a healthy ??? system

15. Fluoride helps prevent ??? to decay.

17. Magnesium helps ??? and muscle function.