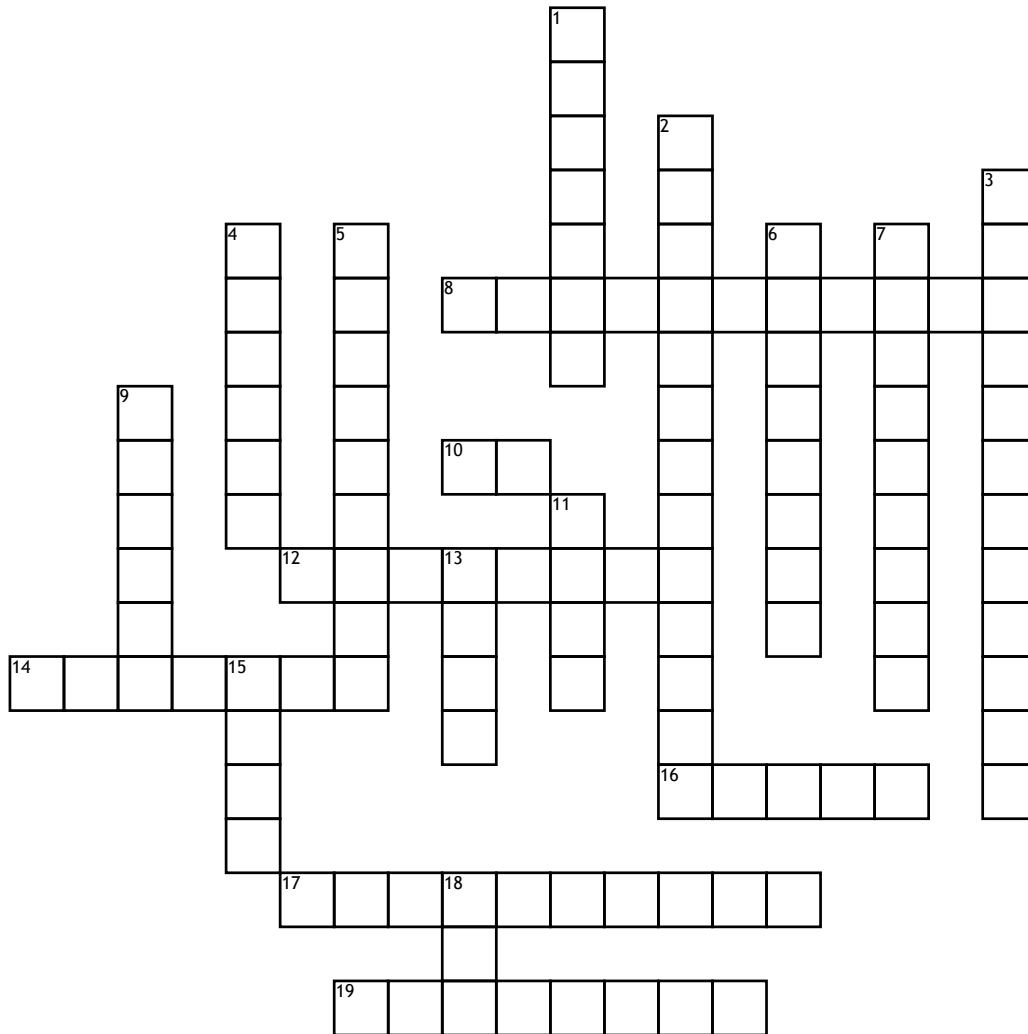


Name: \_\_\_\_\_

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

# Micronutrients



## Across

8. Vitamin E is required for the proper function of many organs in the body, and is also an \_\_\_\_\_. This means it helps to slow down processes that damage cells.

10. These vitamins are water soluble.

12. A, B, C, D, E, K

14. Milk, yogurt, and cheese are rich natural sources of \_\_\_\_\_ and are the major food contributors of this nutrient to people in the United States.

16. There are this many vitamins that make up vitamin B complex

17. This mineral works with calcium to help build bones

19. Calcium, magnesium, sodium, iodine, iron are examples.

## Down

1. \_\_\_\_\_ are high in vitamin A and may turn your skin orange if you eat too many.

2. The body uses sodium to control \_\_\_\_\_

3. Deficiency of vitamin D in adults can lead to \_\_\_\_\_.

4. This mineral started being added to table salt in 1924 to prevent goiter

5. This mineral helps regulate fluid balance, muscle contractions and nerve signals.

6. Citrus fruits, tomatoes and tomato juice, and potatoes are major contributors of \_\_\_\_\_ to the American diet

7. Whole grains are a good source of this mineral.

9. Iron is best absorbed from \_\_\_\_\_ sources.

11. Deficiency of this mineral has been proven to result in weakened immune system which may lead to having more colds.

13. These vitamins are fat soluble.

15. When levels of this mineral are low, fatigue, weakness and difficulty maintaining body temperature often result.

18. The best source of vitamin D

## Word Bank

Vitamins

Sun

iron

Carrots

Minerals

Blood pressure

Magnesium

Antioxidant

Vitamin C

Iodine

Zinc

Potassium

Osteomalacia

ADEK

eight

Phosphorus

Calcium

BC

Animal