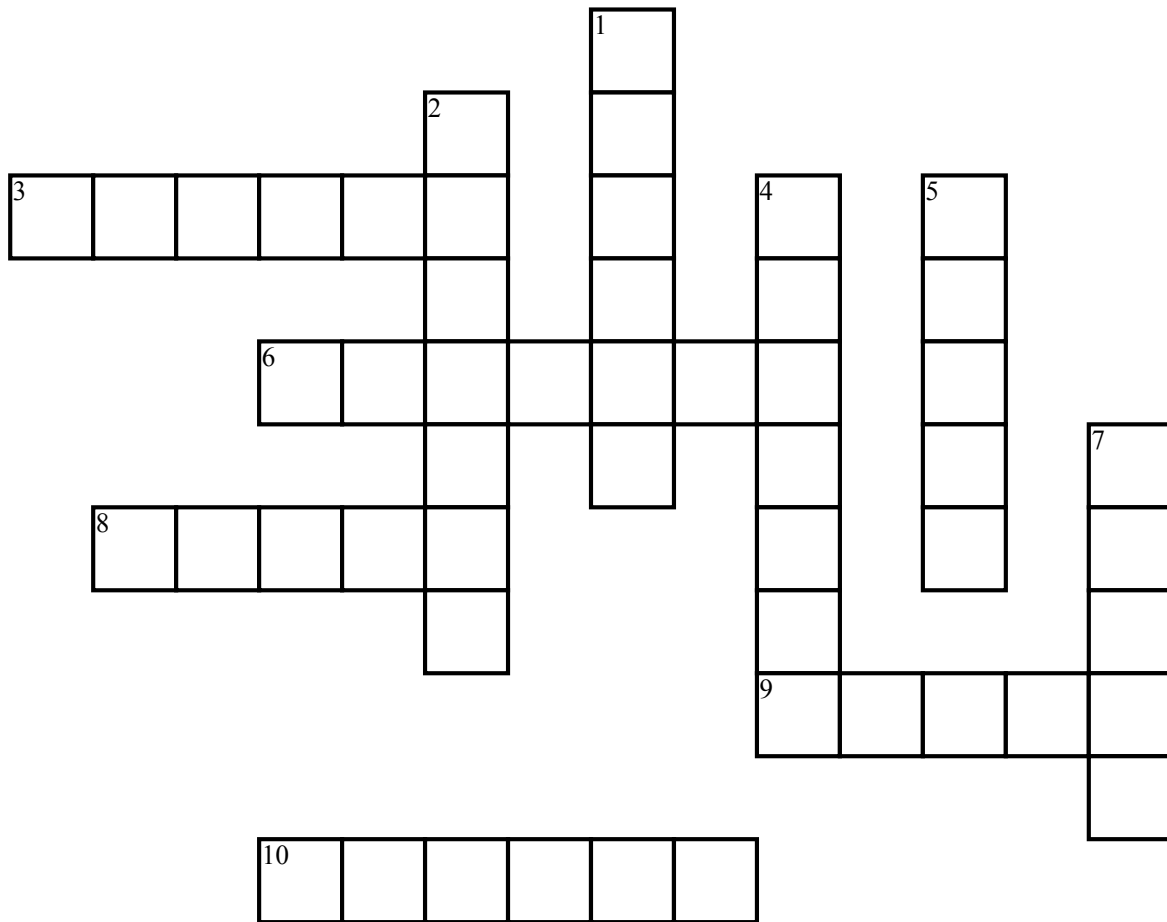


Minerals Word Game Sheet



Across

3. Iron helps transport _____ from your lungs to the rest of your body.
6. Minerals have a _____ structure.
8. _____ grains are rich in magnesium.
9. The two type of minerals are _____ minerals and trace minerals.
10. Zinc helps your _____ system.

Down

1. Potassium can be found in vegetables and _____.
2. Minerals help to make _____ and hormones.
4. Milk is a great source of _____.
5. The mineral fluoride help you bones strong and you _____ strong and shiny
7. Having too much sodium can contribute to high _____ pressure.