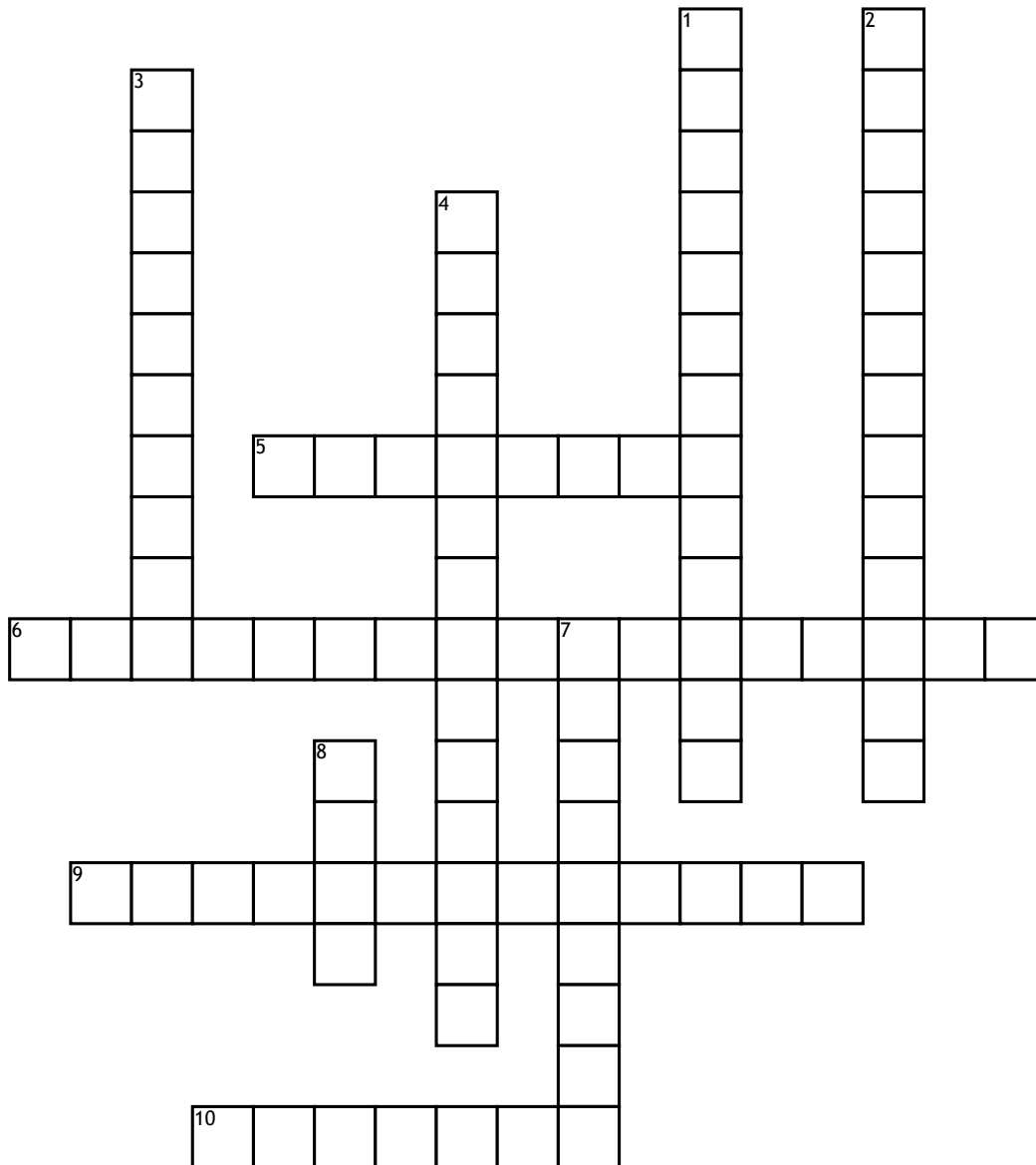


Name: \_\_\_\_\_

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

# Minerals



## Across

5. helps maintain teeth and prevents against cavities
6. these are inorganic elements that cannot be made by the body and are necessary in small amounts for health.
9. chromium copper, cobalt fluoride iodine iron manganese molybdenum selenium and zinc are considered what type of minerals
10. the most abundant mineral in the body

## Down

1. microminerals are also known as
2. calcium phosphorus magnesium sulfur sodium potassium and chloride are what type of minerals
3. primary function is to maintain pH
4. the primary inorganic constituent of bone and teeth
7. this macromineral helps lower blood pressure and is found in dark leafy greens and trail mix
8. this trace element is essential for carrying oxygen