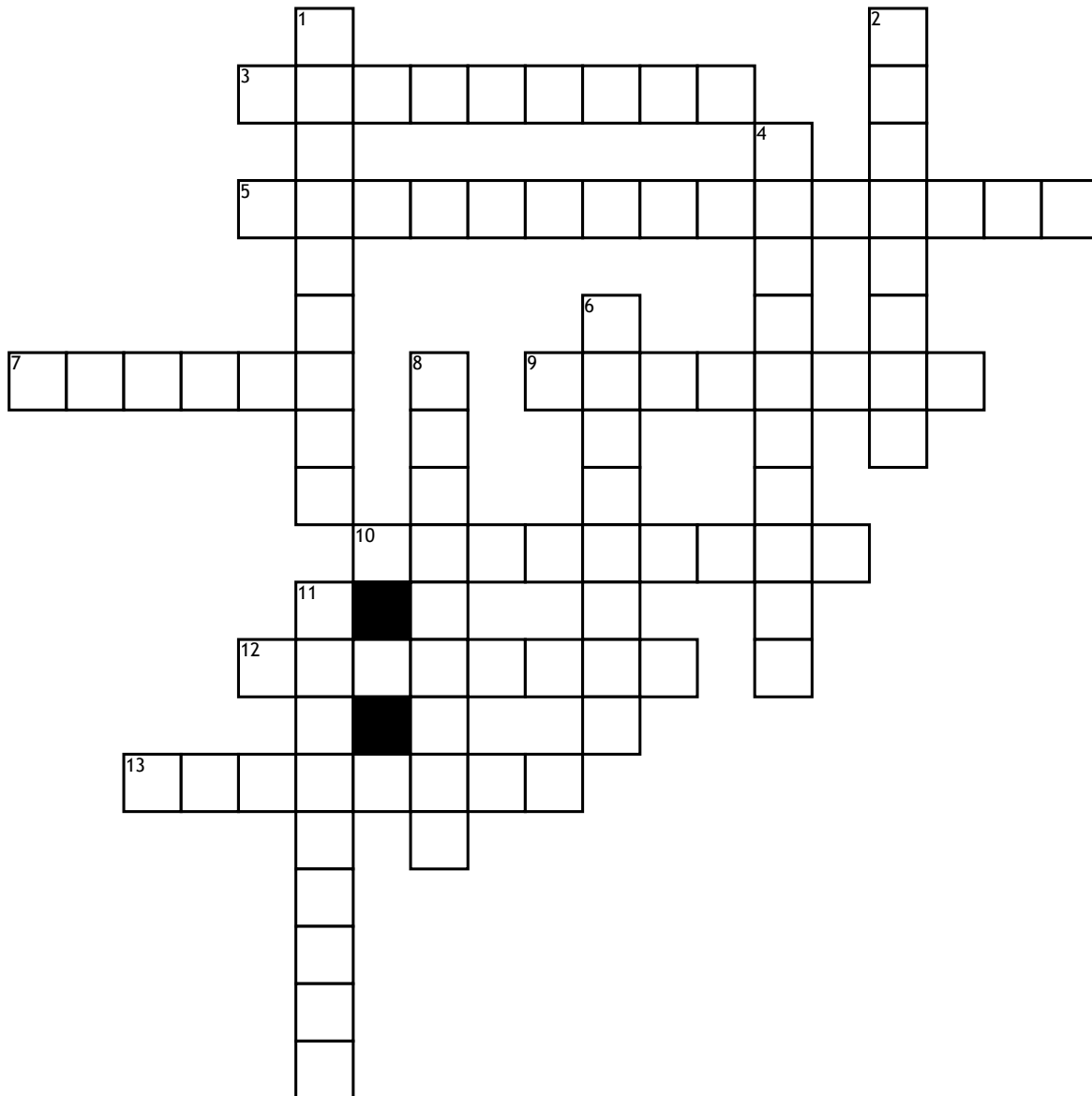


Vitamin Crossword



Across

3. What vitamin is needed for a healthy nervous system?
5. What vitamin promotes normal growth and development?
7. What vitamin helps your body use carbohydrates?
9. What vitamin works as an antioxidant?

10. What vitamin helps your body release energy from carbohydrates, fats, and proteins?

12. What vitamin helps protect you from infections?
13. What vitamin helps your body heal wounds and resist infections?

Down

1. What vitamin helps your body make non-essential amino acids?

2. What vitamin helps build strong teeth and bones?

4. What vitamin works with folate to help build red blood cells and form genetic material?

6. What vitamin is necessary for blood to clot normally?

8. What vitamin helps prevent birth defects?

11. What vitamin helps turn carbohydrates into energy?