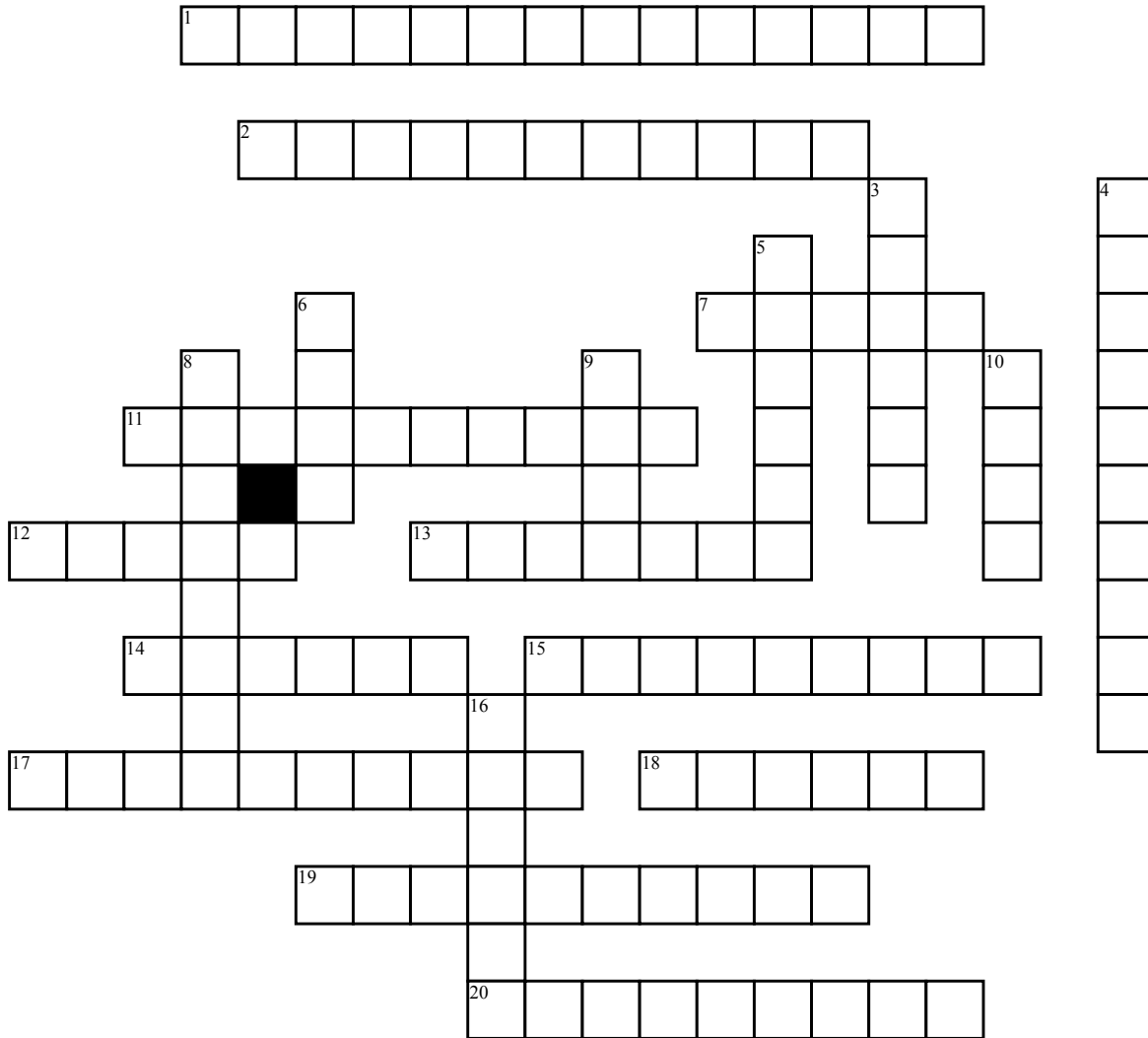


Name: _____ Date: _____

Vitamin and Minerals Crossword



Across

1. Another word for Vitamin B12
2. Vitamin A is this.
7. Iron helps build and renew hemoglobin to carry oxygen to _____
11. Another name for Vitamin B3
12. Fluoride helps prevent tooth _____ by strengthening teeth
13. Vitamin E helps red blood cells and _____
14. Another word for vitamin B3

15. Found in fruits such as bananas and oranges

17. Niacin helps in energy

18. Niacin helps in _____ production

19. Vitamin C increases _____ to infection

20. Found in whole-grain products

Down

3. Helps red blood cells
4. Another word for Vitamin B6

5. Vitamin B1 maintains healthy _____, Brian, and muscle functions

6. Vitamin K helps blood

8. Helps build strong bones and teeth

9. Helps heal wounds and form blood

10. Vitamin A helps _____ adjust to darkness

16. Helps maintain the body's balance of fluid