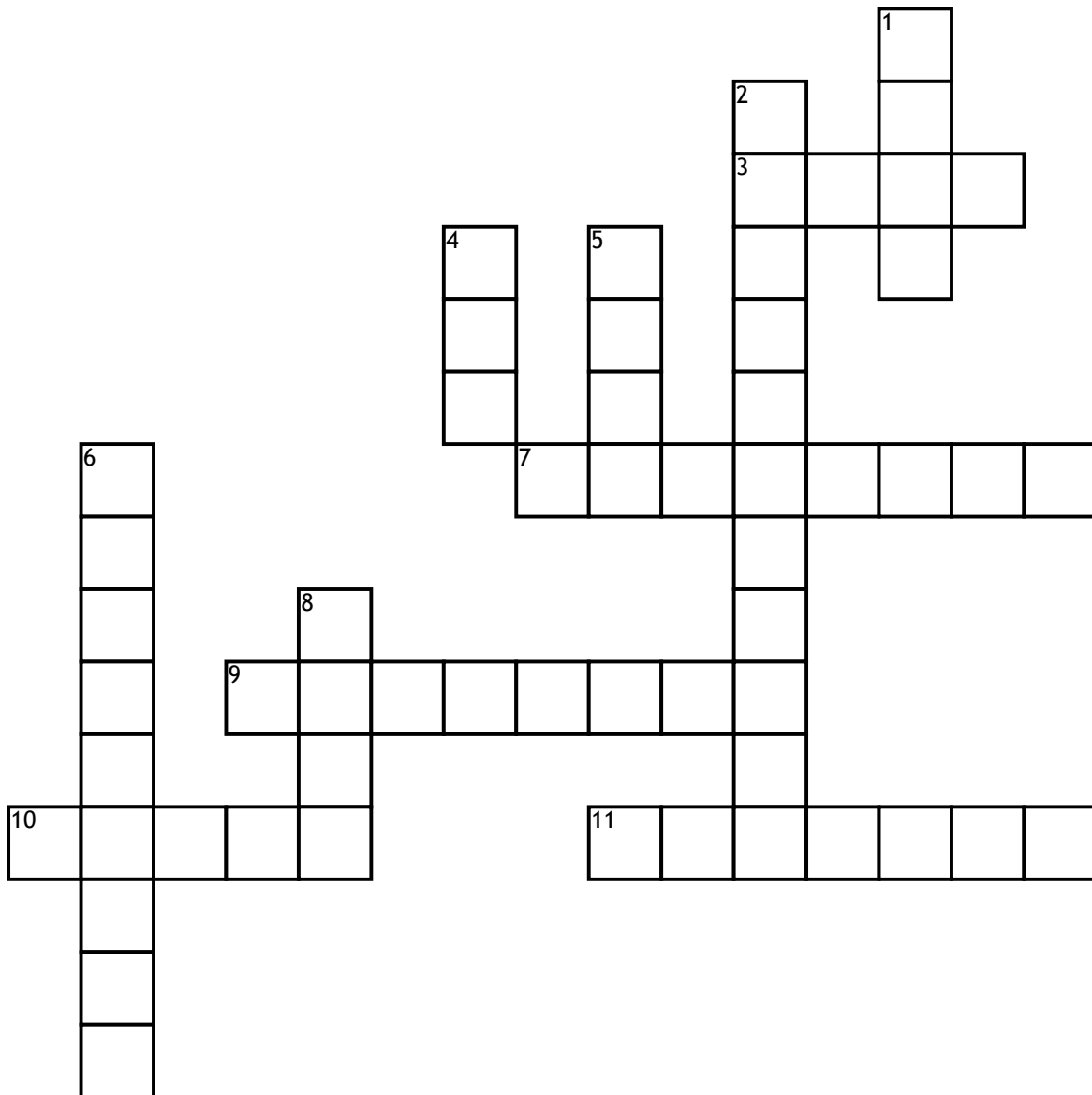


Name: _____

Vitamin b9



Across

3. name another good food source a. bread b. sweetcorn c. peas?
7. what cell does b9 help the body form healthy ones?
9. what is a good food source for b9 folate a. broccoli b. pasta c. kale?
10. it is not an essential nutrient?
11. what type of condition does b9 help to prevent?

Down

1. how would you describe the muscles of someone who does not have enough b9 folate?
2. what condition that is something to so with your spine can unborn babies have due to the mother not having enough b9 folate?
4. what vitamin works closely with vitamin b9?
5. is folate found in small amounts in food a. true b. false?
6. what is the other name for b9 folate?
8. do women take b9 as a supplement during pregnancy A. true b. false?