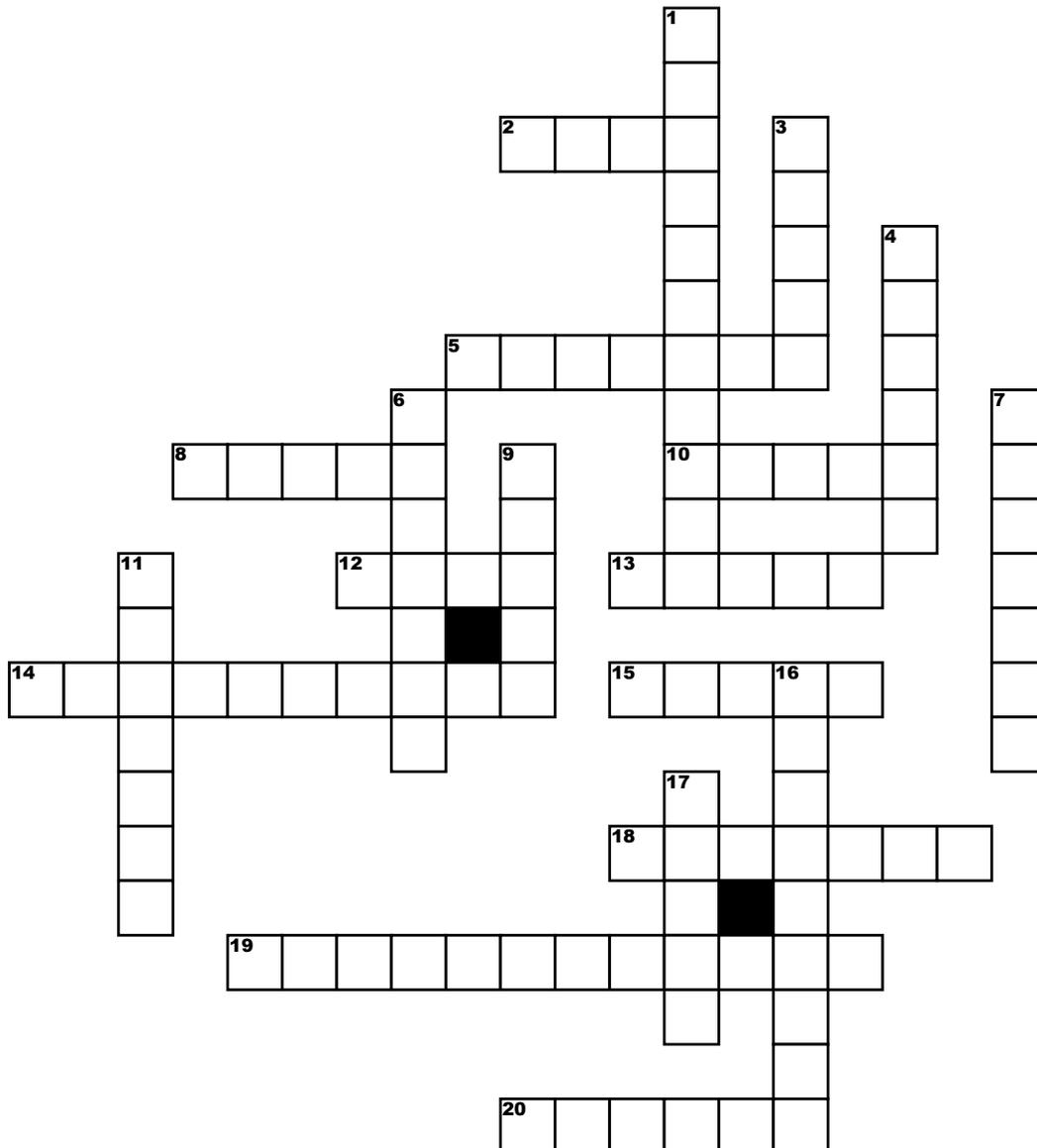


Name: _____

Vitamins & Mineral Crossword



Across

- 2. Vitamin K helps blood to _____
- 5. Zinc helps heal wounds plus form blood also helps in growth and maintenance of the bodies _____
- 8. Vitamin C increases resistance to infection, maintains healthy _____ and gums, helps wounds heal and keeps blood vessels healthy.
- 10. Vitamin E is a antioxidant helps form red _____ cells and muscles also protects other nutrients from damage
- 12. Vitamin A is an antioxidant, promotes growth and healthy skin and _____, helps eyes adjust to darkness, and helps body resist infections
- 13. Folate (folic acid) helps red blood cells, may helps protect against _____ disease and helps prevent birth defects.

- 14. _____ helps in energy production, needed for healthy nervous system, helps protect against infection and helps form red blood cells.
- 15. Sodium, Chloride, and Potassium help maintain the bodies balance of _____ and helps with muscle and nerve actions_
- 18. Vitamin (B12) helps in energy production, needed for healthy nervous system, helps build red blood cells and also helps form _____ material
- 19. Vitamins A, C, and E act as _____ helping to protect the bodies cells from damage that can lead to health problems
- 20. Iron helps and renew hemoglobin to carry _____ to cells

Down

- 1. _____ vitamins include vitamins A, D, E and K in fats. both in food and your body. stores this vitamin in body fat and in the liver.

- 3. Vitamin D helps build strong _____ and teeth and also enhances calcium absorption
- 4. Phosphorus _____ and renews bones plus teeth, helps in energy production
- 6. _____ Helps in energy production, maintains healthy nerves, brain and muscle functions.
- 7. _____ builds and renews bones plus teeth, regulates heartbeat, muscles and nerves.
- 9. magnesium builds and renews bones also helps _____ and muscle function
- 11. Niacin (B3) is needed for a healthy _____ system.
- 16. Riboflavin helps in energy production also helps the body resist _____ and keeps lining of nose, mouth and digestive track healthy.
- 17. Floride helps prevent tooth _____ by strengthening teeth