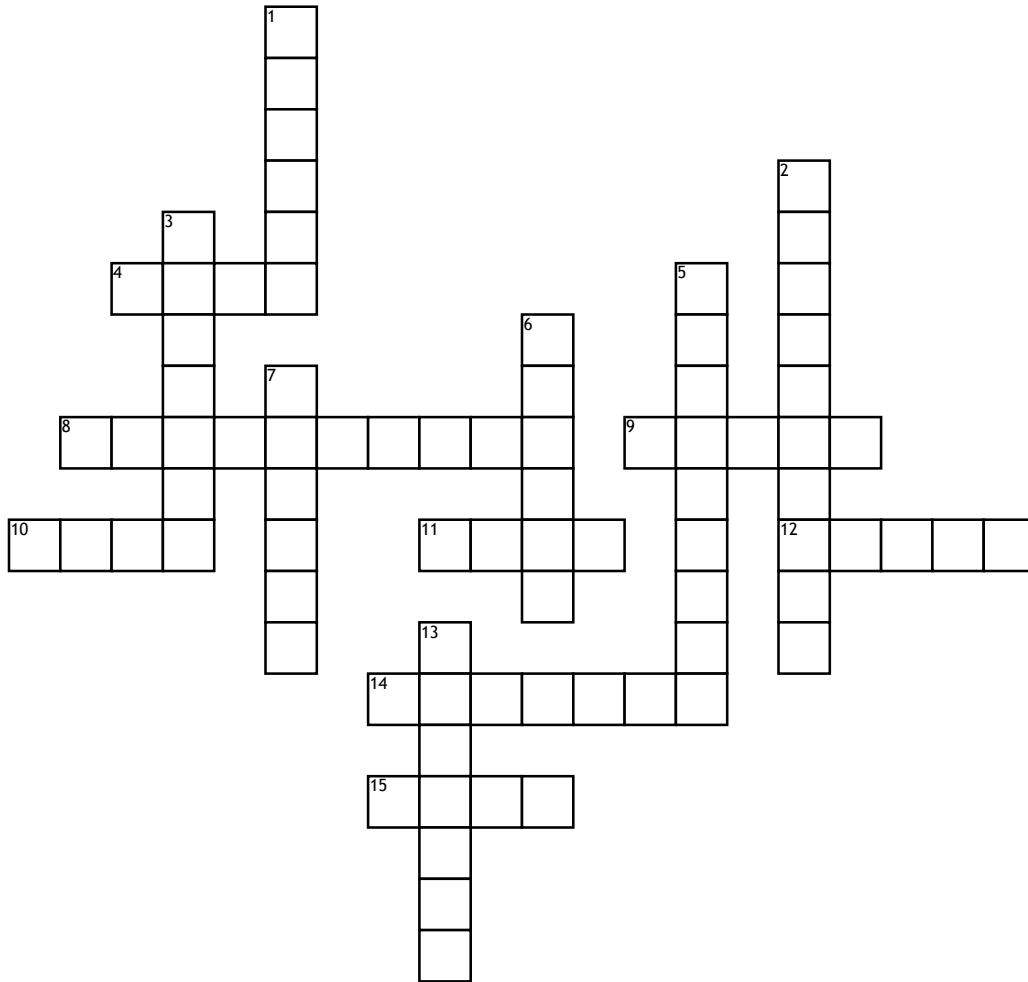


# Vitamins & Minerals



**Across**

- 4. The body needs \_\_\_ to build red blood cells to move oxygen throughout the body.
- 8. Leafy green \_\_\_ are a great source for many vitamins and minerals.
- 9. The two types of vitamins are FAT soluble and \_\_\_ soluble.
- 10. \_\_\_ provide you with iron and Vitamins B, D, and E.
- 11. Vitamin K is used to help your blood \_\_\_ or stop bleeding from a cut.

12. The two kinds of minerals are MACROMINERALS and \_\_\_\_\_ minerals.

- 14. \_\_\_\_\_ is a macromineral used to build bones and teeth.
- 15. Nuts and legumes (beans) are a good source of the mineral \_\_\_ used to heal wounds.

**Down**

1. One of the many types of the B vitamins, \_\_\_ is used to help you have energy.

2. Vitamin C is a water-soluble vitamin that needs to be replaced \_\_\_\_.

- 3. A good source of VITAMIN C to prevent infections are \_\_\_\_ .
- 5. Your muscles and nervous system need \_\_\_ to work properly.
- 6. To improve your \_\_\_ and immune system your body needs VITAMIN A.
- 7. Fat-soluble vitamins, like Vitamin A, are \_\_\_ in the body.
- 13. You need to eat a \_\_\_ of foods to make sure you get ALL of the different vitamins and minerals.

**Word Bank**

- |         |            |        |            |           |
|---------|------------|--------|------------|-----------|
| VARIETY | ZINC       | EGGS   | CALCIUM    | iron      |
| CLOT    | TRACE      | VISION | ORANGES    | WATER     |
| STORED  | FREQUENTLY | NIACIN | VEGETABLES | POTASSIUM |