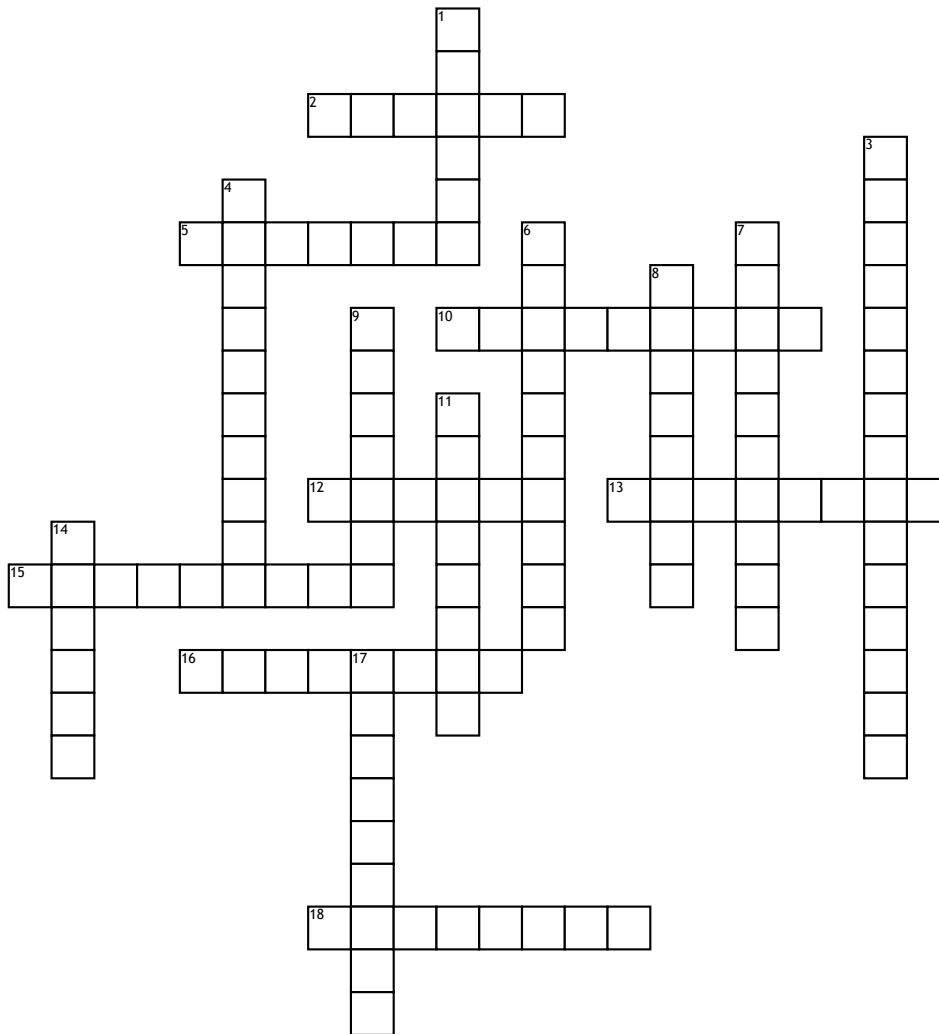


Name: _____

Date: _____

Vitamins & Minerals Crossword



Across

2. This vitamin helps build red blood cells, is needed for a healthy nervous system, and helps in energy production. This is found in bread cereals, rice, pasta, grains that are fortified, green vegetables, and fruit.

5. This vitamin helps in energy production. The more energy you burn, the more of this you need. This is found in whole grain breads, cereals, lean pork, dry beans, and peas.

10. This vitamin helps in energy production and helps protect against infection. This is found in poultry, meat, fish, liver, whole grain breads, and some fruits and vegetables.

12. This vitamin converts certain nutrients into energy. It also plays an important role in the health of your hair, skin, and nails. This is found in organ meats, eggs, fish, meat, seeds, nuts, certain vegetables such as sweet potatoes.

13. This vitamin helps red blood cells to stay protected from damage by oxygen. This is found in vegetable oil, whole grain breads, dark green vegetables, nuts, and seeds.

15. This mineral helps to maintain the water balance, and helps with muscles and nerves. It is found in salt, fruits, vegetables, and dairy.

16. This vitamin helps your bone, teeth, skin and hair stay healthy. It also helps your eyes to adjust in the dark and your body resist infection. This is found in dairy products, liver, dark green vegetables, and yellow or orange fruits and vegetables.

18. This vitamin helps to increase resistance to infection, maintain healthy teeth and gums, and helps wounds heal and keep blood vessels healthy. This is found in citrus fruits, cantaloupe, kiwi, some vegetables, tomatoes, green peppers, and broccoli.

Down

1. This vitamin helps in energy production and is needed for a healthy nervous system. This is found in meat, poultry, fish, liver, whole grain breads, cereals, dry beans, and peanuts.

3. This vitamin metabolizes proteins, carbohydrates, and fats. It is found in beef, poultry, seafood, organ meats, eggs, milk, vegetables, avocados, potatoes, broccoli, whole grains, rice, oats, peanuts, seeds, and chickpeas.

4. This mineral helps to build bones and teeth, and helps the body to produce energy. This can be found in milk, yogurt, cheese, meat, poultry, fish, egg yolk, and whole grain breads or cereals.

6. This vitamin helps build red blood cells and helps with energy production. It is found in meat, poultry, fish, eggs, dairy products, and some fortified foods.

7. This vitamin helps the body release energy from carbohydrates, and the body resist infections. This is found in whole grain breads, cereals, milk products, dry beans, peas, meat, poultry, and fish.

8. This vitamin helps to keep bones and teeth strong. It also plays a big part in helping the absorption of calcium. This is found in milk, fatty fish, egg yolk, and exposure to the sun.

9. This mineral helps to build bones, teeth, and helps to keep muscles and nerves work properly. This can be found in milk, yogurt, cheese, green vegetables, canned fish, and fortified foods.

11. This vitamin helps to stop and prevent clotting in the blood. This is found in dark green vegetables, wheat germ, some fruits, and egg yolk.

14. This mineral helps to maintain the water balance, and helps with muscles and nerves. It is found in salt, fruits, vegetables, and dairy.

17. This mineral helps to build bones and makes sure nerves and muscles are working properly. This can be found in whole grain products, dark green vegetables, and nuts.

Word Bank

Magnesium

Riboflavin

VitaminC

Sodium

Calcium

Niacin

VitaminE

Phosphorus

Biotin

VitaminD

Pantothenicacid

VitaminK

VitaminA

Thiamin

VitaminB6

Folate

Potassium

VitaminB12