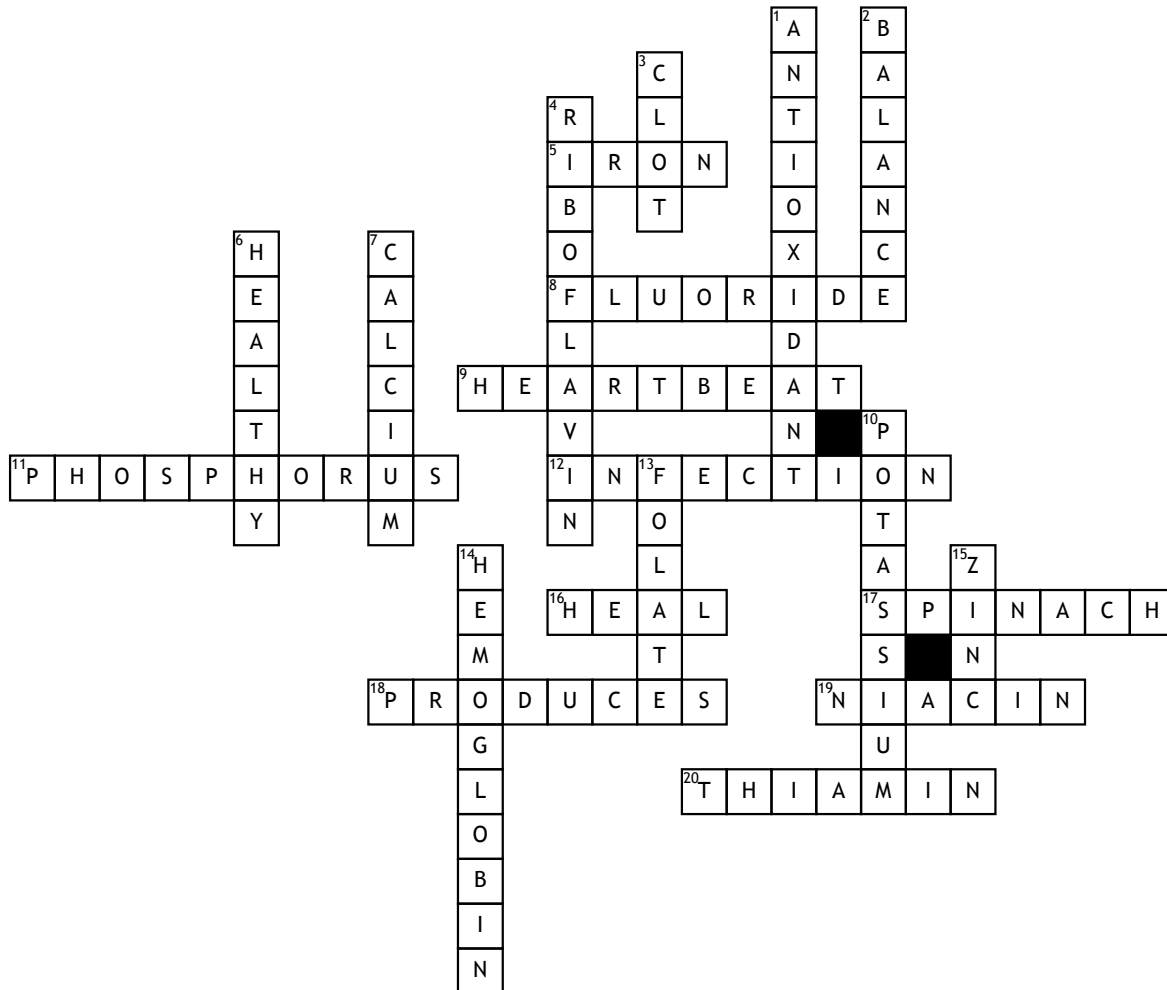


Vitamins & Minerals



Across

- 5. Meat, poultry, leafy vegetables, dried fruit all help with _____.
- 8. Small amounts of _____ is added to the water supply in many communities.
- 9. Calcium regulates _____, muscles and nerves.
- 11. _____ builds and renews bones and teeth.
- 12. Vitamin B helps protect against _____ and form red blood cells.
- 16. Vitamin C helps wounds _____, keeps blood vessels healthy and increases resistance to infections.
- 17. _____, orange fruits, dairy products all help with vitamin A.

- 18. The body also _____ vitamin D itself when exposed to sunlight.
 - 19. _____ helps in energy production and helps the body resist infection.
 - 20. _____ maintains healthy nerves, brain and muscle functions.
- Down**
- 1. Vitamin E is a _____.
 - 2. Sodium, chloride and potassium help maintain the body's _____ of fluid.
 - 3. Vitamin K helps blood _____.
 - 4. A vitamin that keeps the lining of the nose, mouth and digestive tract healthy is _____.

- 6. Vitamin A promotes _____ skin and hair.
- 7. Vitamin D enchances _____ absorption.
- 10. Sodium, chloride and _____ help with muscles and nerve actions.
- 13. Another name for folic acid that helps rebuild red blood cells and prevents birth defects is _____.
- 14. Iron helps rebuild and renew _____ to carry oxygen to cells.
- 15. Foods like meat, liver, fish, dairy products, whole grain breads are all good sources of _____.