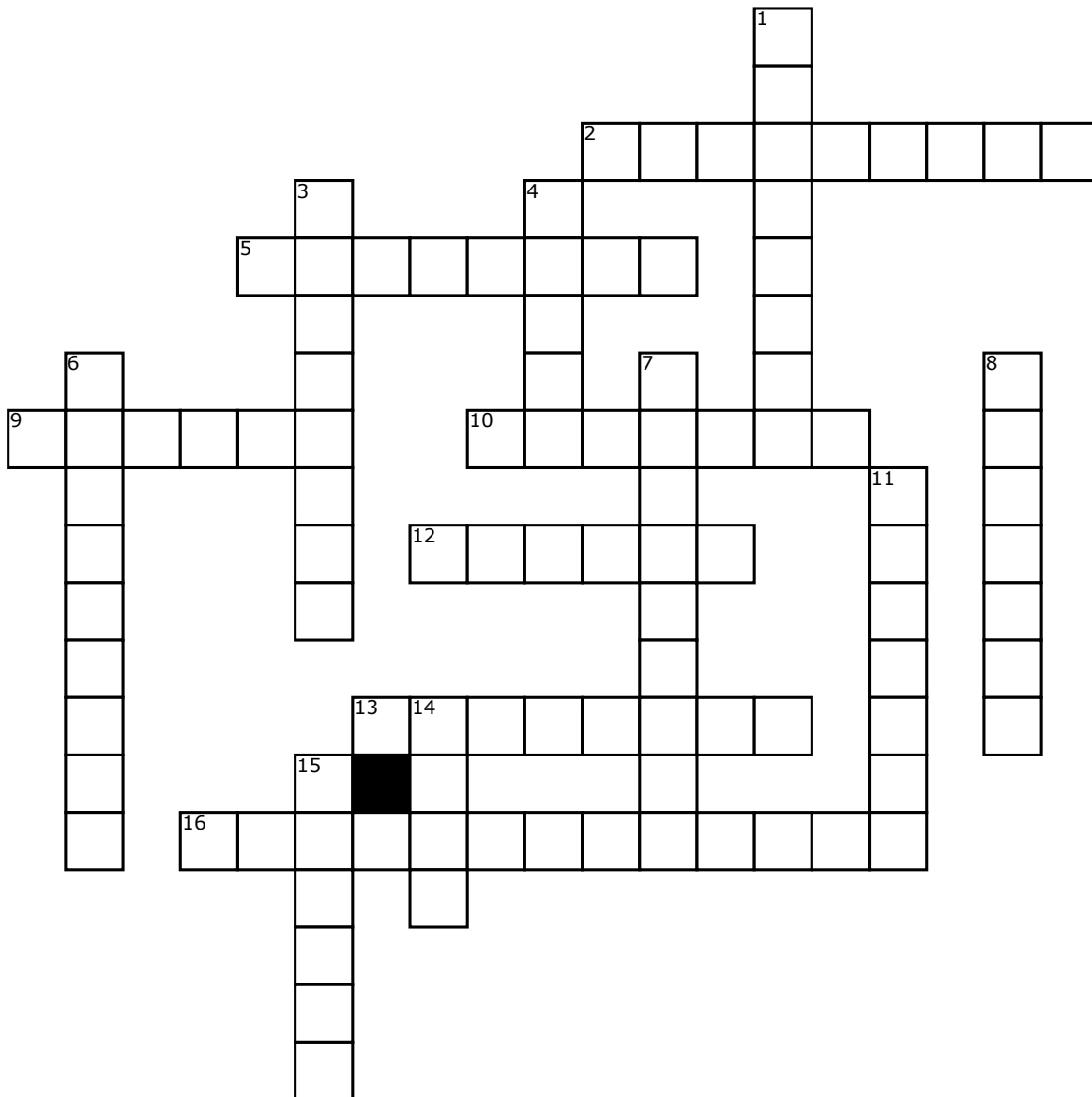


Name: _____

Vitamins & minerals



Across

2. Term used for minerals as they do not contain the element, carbon.

5. Vitamin made by the skin in sunshine.

9. Mineral which assists the body to maintain water balance.

10. Are vitamin organic or inorganic?

12. Mineral needed to prevent Goitre.

13. Night blindness is caused by a lack of this vitamin.

16. Minerals needed in large quantities.

Down

1. A deficiency disease resulting from lack of Vitamin B1.

3. Vitamin which may help to prevent cancer, arthritis and heart disease.

4. Food source that provides Vitamin B2 and B12.

6. Mineral found in bananas and citrus fruits.

7. Mineral needed to prevent muscle weakness and cramps.

8. Mineral needed for strong bones and teeth.

11. Deficiency disease from lack of Vitamin D.

14. Mineral needed for transport of oxygen in the body.

15. Deficiency disease resulting from lack of Vitamin C.