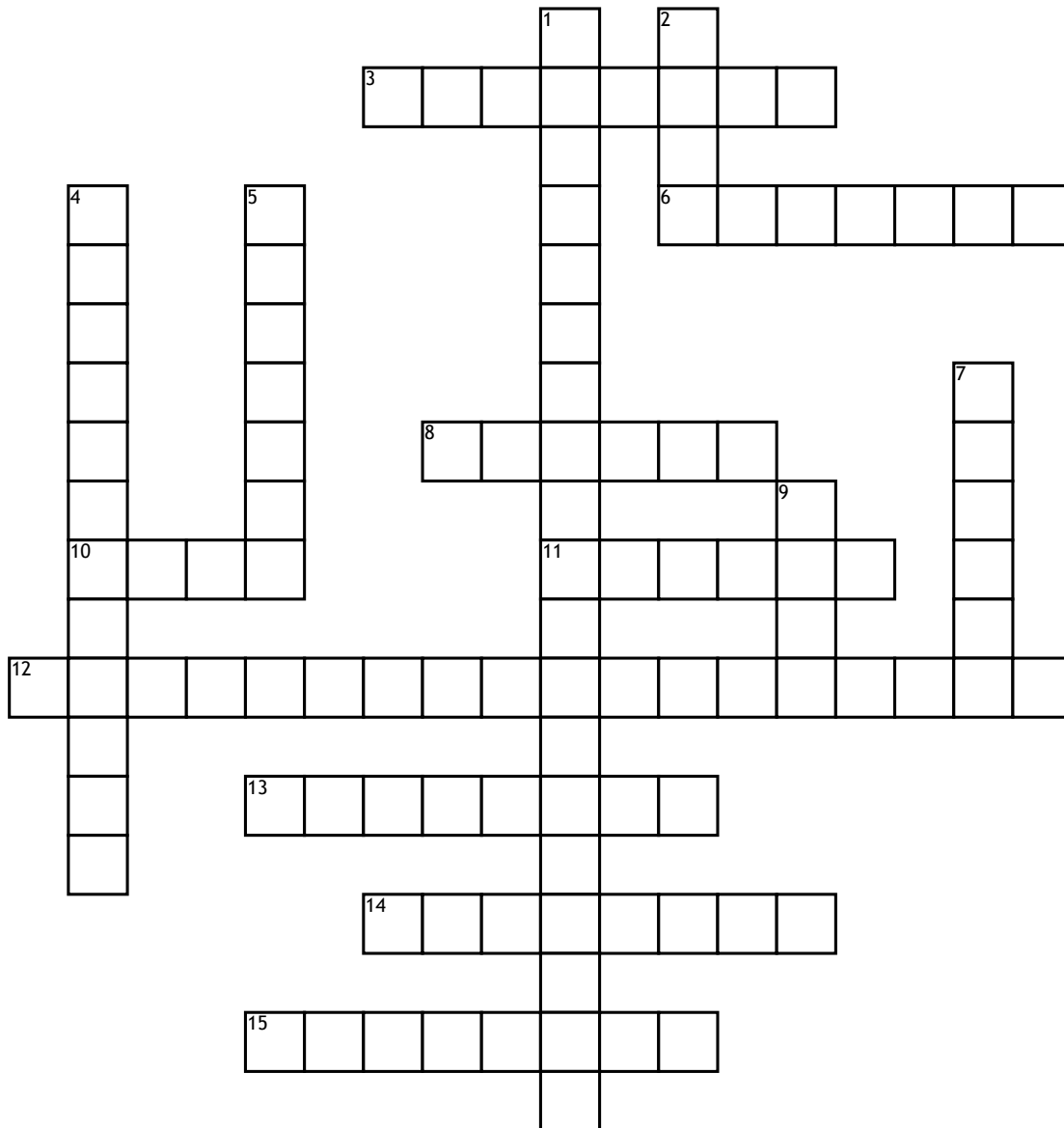


Name: _____

Date: _____

Vitamins and Minerals



Across

3. this helps with bone health and helps blood clot so that wounds stop bleeding.

6. this helps keep teeth and gums healthy. It is needed for the contraction of muscles

8. this vitamin is very important for pregnant women

10. this is essential for making hemoglobin, the substance in red blood cells that carries oxygen to your body.

11. this stabilizes the level of sugar in the blood

12. these vitamins are absorbed and transported by fat and stored in the liver.

13. your body makes this vitamin when sunlight touches your skin

14. this poisoning is from too much of a substance. Taking too many vitamin A supplements which can cause headaches, vomiting, double vision, and liver damage.

15. this helps maintain healthy capillaries, bones, skin, and teeth. Takes care of the protein called collagen.

Down

1. dissolves in water and passes easily into the bloodstream during digestion

2. it helps with immune system, helps wounds heal, and helps children grow

4. this may prevent heart disease, cancer and other ailments, Protects cells and the immune system.

5. this helps turn carbohydrates into energy

7. helps your body release energy from carbohydrates

9. a craving for things that are not normally eaten. people will suffer from an iron deficiency and will crave, ice, chalk, clay etc...