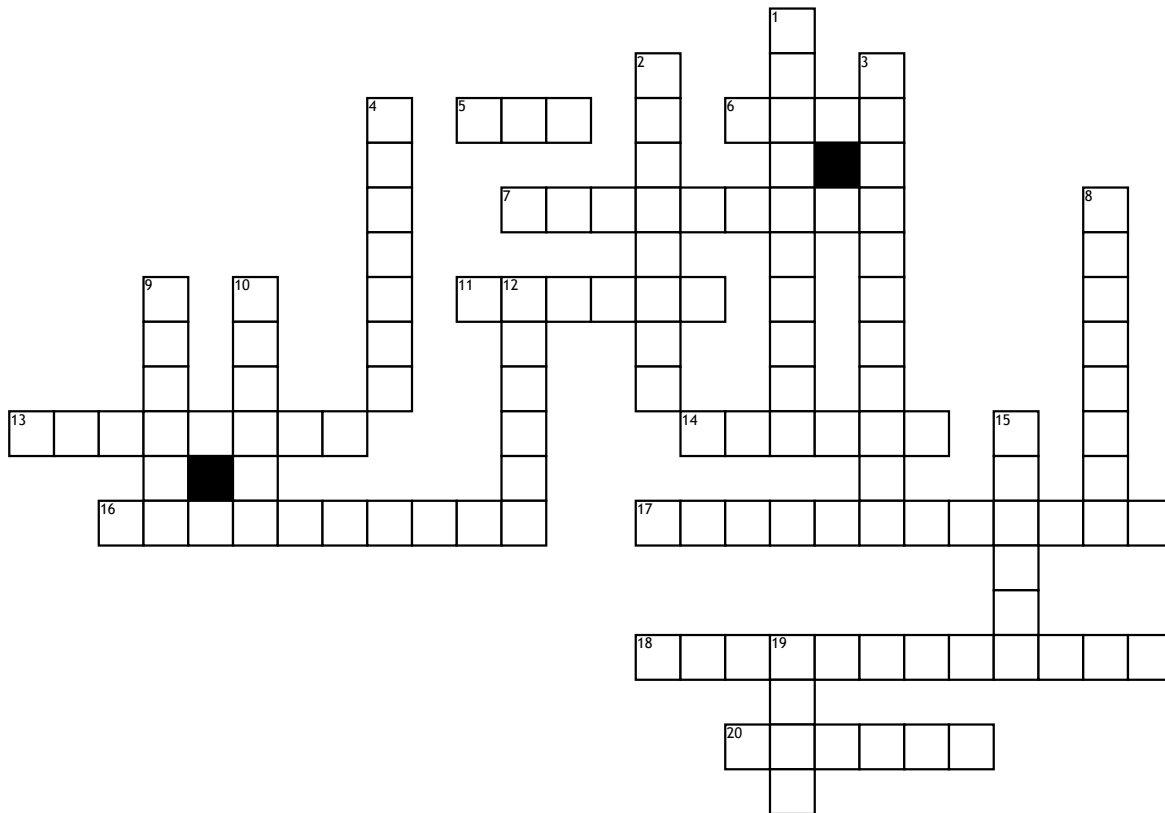


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Vitamins and Minerals



## Across

5. Vitamins A, D, E and K are \_\_\_\_ soluble.
6. Vitamin C helps your body absorb this mineral
7. This electrolyte plays a key role in maintaining a normal heart beat.
11. Deficiency of iron may cause \_\_\_\_, which means low red blood cells.
13. A deficiency of this water soluble vitamin may cause Scurvy.
14. Vitamin A helps with this, especially at night.
16. A person who follows a \_\_\_\_ diet may need to take a B12 supplement

17. The grocery store we walk to for field trips.
18. Sodium, potassium and chloride are a group of minerals called this.
20. This mineral is found in abundance in processed foods.

## Down

1. Vitamin B12 deficiency causes this type of anemia
2. Found in very few foods, lack of this vitamin leads to brittle bones.
3. Vitamin B12 is unique in that it is only found in \_\_\_\_.
4. This mineral works with phosphorus to help strengthen bones and teeth.

8. This mineral was added to toothpaste in 1960's to help strengthen bones.
9. Deficiency of this mineral can lead to neural tube defects.
10. This mineral was added to salt in the 1920's therefore a deficiency in US is rare.
12. Pellagra is caused by deficiency of this vitamin
15. B Vitamins like Thiamin, Riboflavin and Niacin help your body create this from foods.
19. Vitamin K helps to \_\_\_\_ your blood.