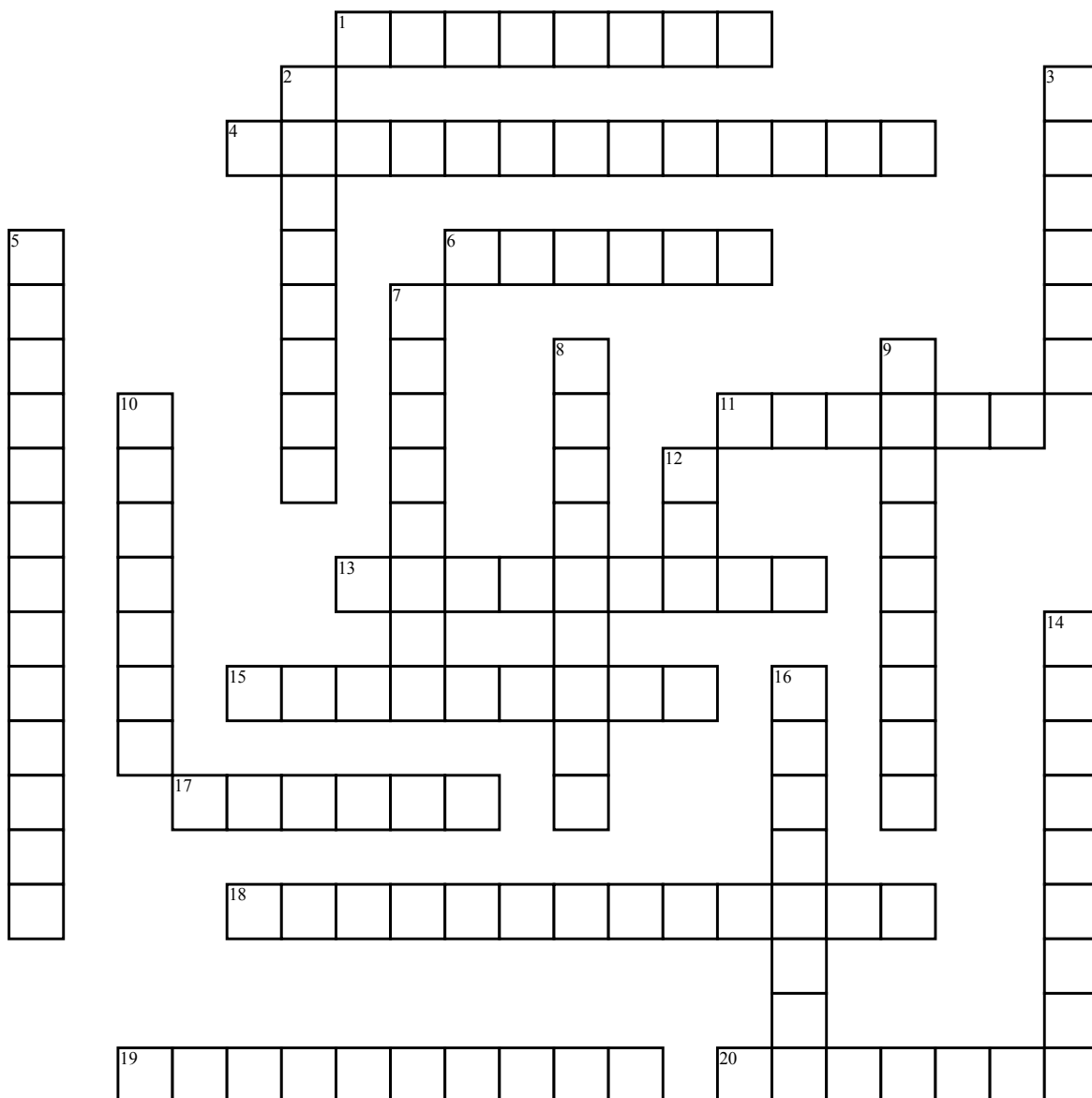


## Vitamins and Minerals - Crossword/Word Maze Assignment by Alyson and Arian



### Across

1. People who don't get much sunlight may be deficient in vitamin \_\_\_\_\_.

4. \_\_\_\_\_ are minerals that your body requires in very small quantities.

6. You can get this micromineral from these food sources; legumes and nuts.

11. This micromineral is essential for thyroid health.

13. The function of this vitamin is to synthesise nucleic and fatty acids.

15. Neuromuscular dysfunction and fatigue is a vitamin \_\_\_\_\_ deficiency.

17. Deficiency in Vitamin C results in \_\_\_\_\_.

18. \_\_\_\_\_ are minerals that your body requires in large quantities.

19. This macromineral supports proper kidney function and works with calcium.

20. You can get this macromineral for these food sources; almonds, cheese, milk and spinach.

### Down

2. Citrus fruits are a great source of \_\_\_\_\_.

3. Some deficiency symptoms of this micromineral included; dementia, depression, diarrhea, fatigue and heart disease.

5. Scientific name for vitamin K.

7. This vitamin is found in carrots, it is known to help eyesight.

8. Folic Acid is known as \_\_\_\_\_.

9. This vitamin is involved in the citric acid cycle.

10. This macromineral assist in the production of collagen.

12. This micromineral increases energy levels and improves reflexes.

14. Deficiency symptoms of this macromineral included; confusion, dry skin, muscle cramps and thirst.

16. Deficiency in vitamin B3 results in \_\_\_\_\_.