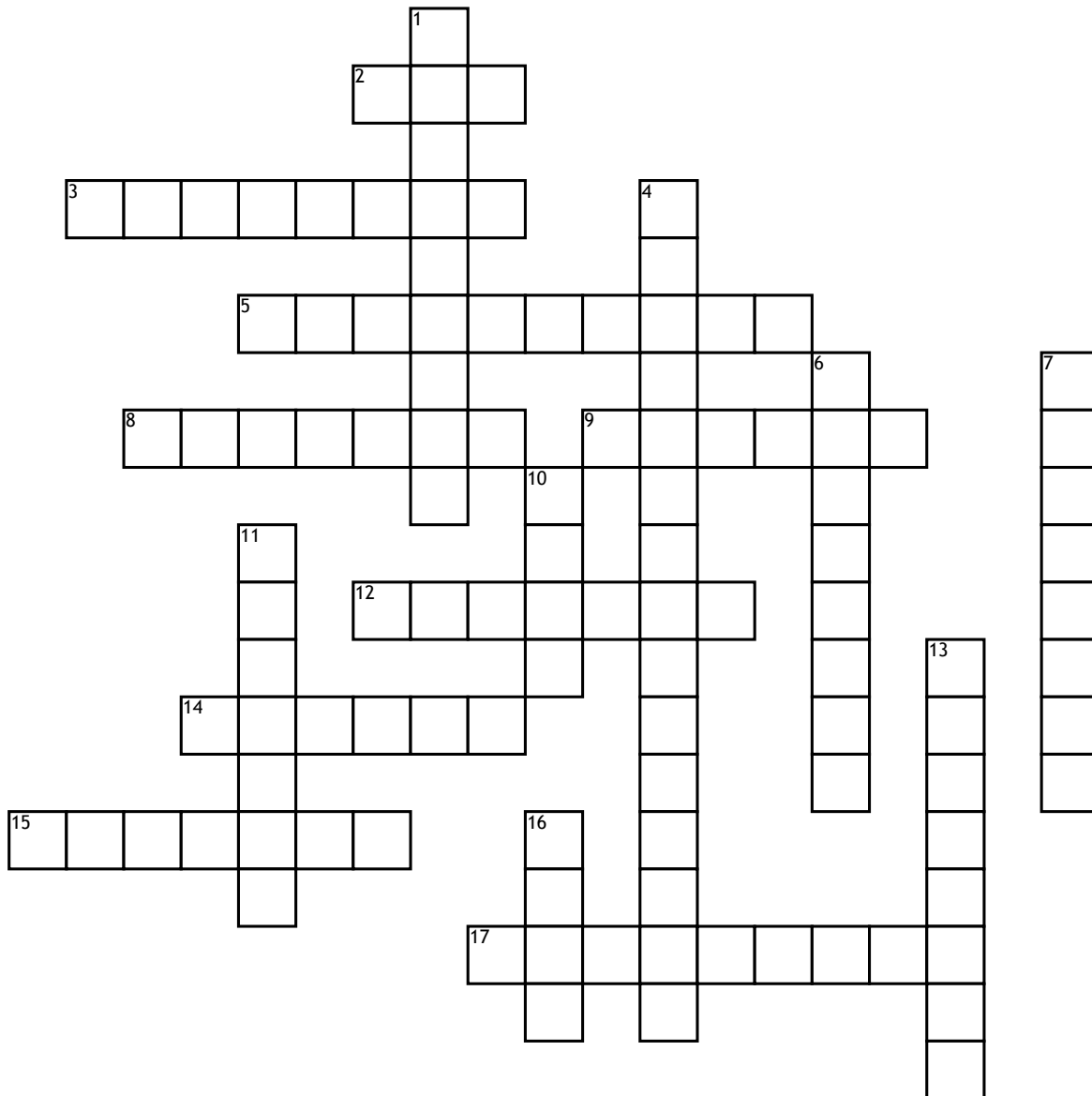


Name: \_\_\_\_\_

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

# Vitamins and Minerals



## Across

2. A, D, E, K are \_\_\_\_ soluble vitamins  
 3. This vitamin prevents eye problems  
 5. Mineral which is part of every cell in the body and helps cells function normally. It also builds strong bones.  
 8. Canned salmon, leafy greens and dairy products are food rich in which mineral?  
 9. This vitamin B helps the body turn food into energy.  
 12. Vitamin C is found in many citrus fruits like...

14. food containing potassium

15. Riboflavin (a B vitamin) is found in legumes which are peas and ....

17. Mineral that keeps a balance of water in the blood and body tissue.

## Down

1. The mineral that helps muscles and nerves function.  
 4. Thiamin is found in this food...  
 6. Which vitamin does your body make from sunlight?

7. This vitamin is an antioxidant that helps individual cells live longer

10. Mineral which keeps your immune system strong and helps heal wounds.

11. This vitamin B helps convert carbohydrates into energy.

13. Folate helps make red blood cells. It is which type of vitamin?

16. The function of vitamin K in the body is to \_\_\_\_ blood.