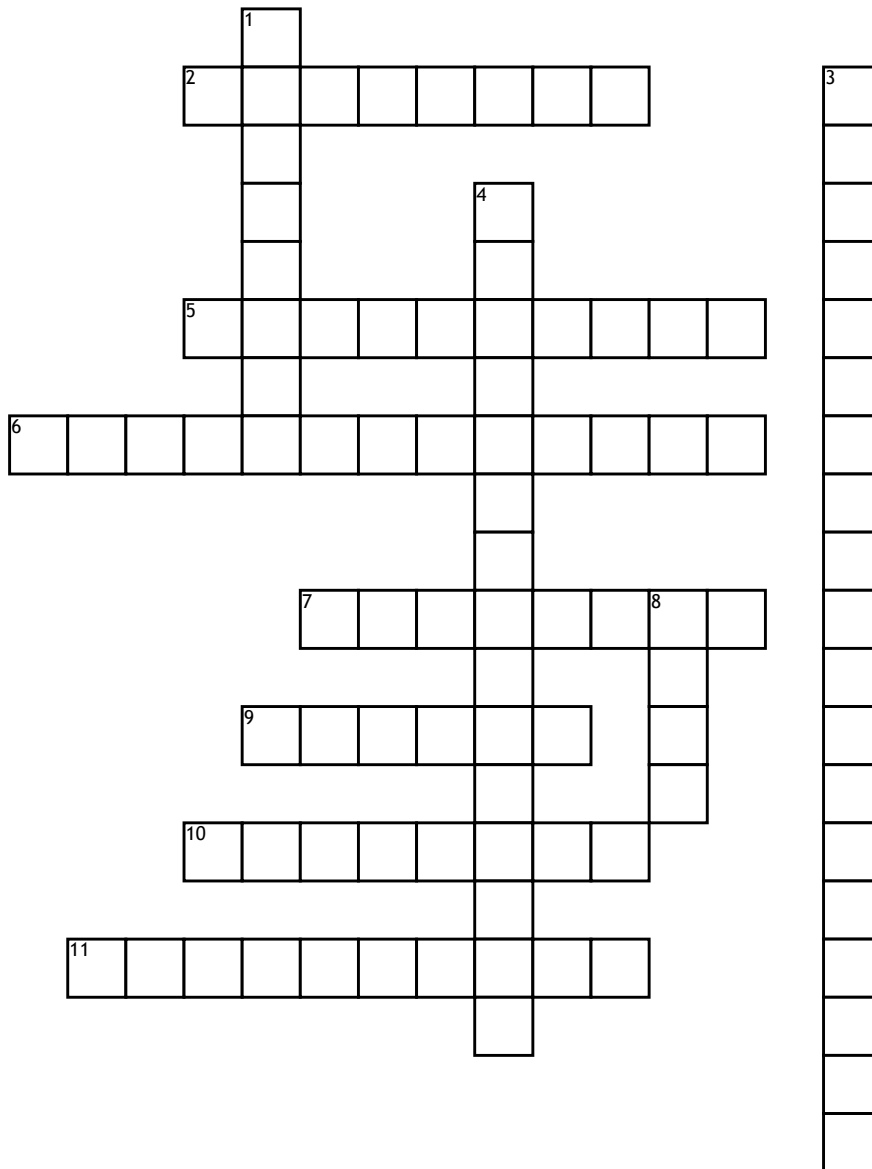


Name: _____

Date: _____

Vitamins and minerals



Across

2. Important for the immune system and keeps mucus membrane cells healthy

5. Vitamin B2 also known as ... plays a crucial role in the metabolism of carbohydrates and proteins.

6. Vitamin K plays an important role in...

7. The four D's is deficiency diseases from Vitamin ?

9. Vitamin B12 is only in foods obtained from [] sources

10. Vitamin b1 is also known as... It is essential for many metabolic pathways, and needed to process carbs to provide energy.

11. A ,D ,E, K are all what type of vitamins

Down

1. Which Vitamin is responsible for the absorption of calcium and phosphorous

3. low doses of [] can be helpful improving the symptoms of pre-menstrual syndrome.

4. Crucial in cell division since its used in DNA synthesis

8. Vitamin C helps the body absorb...