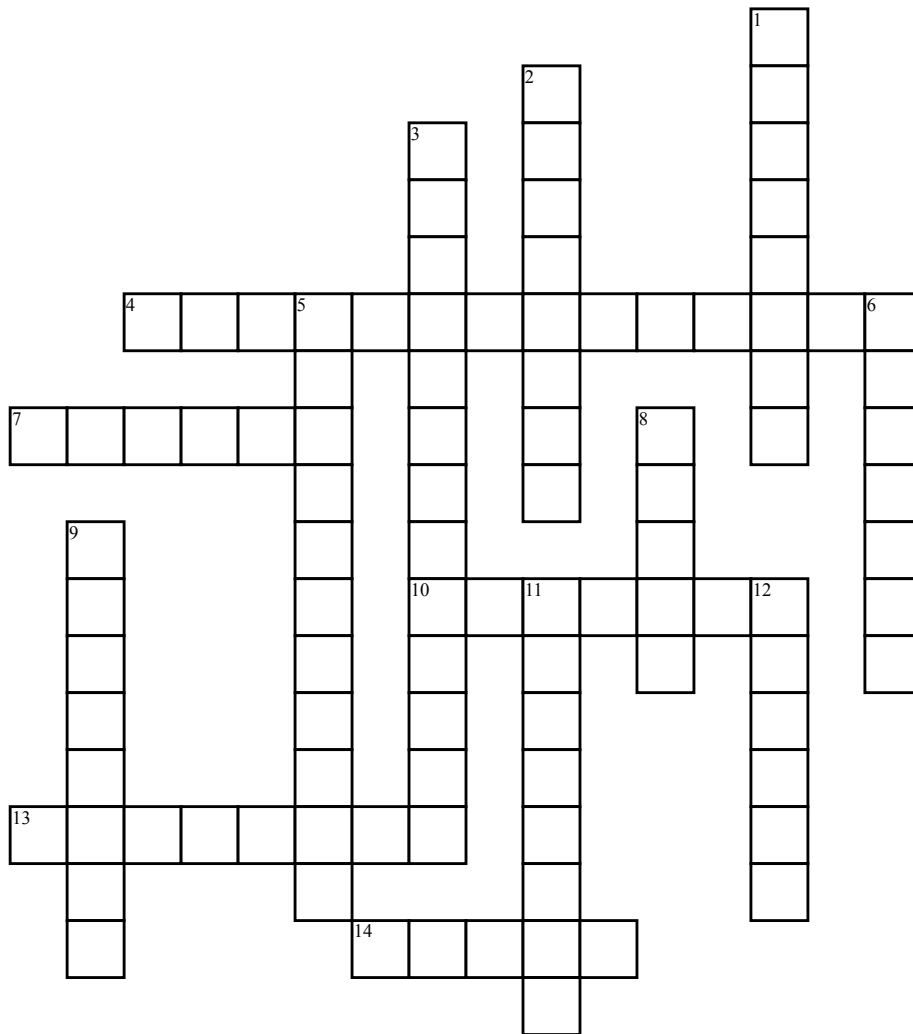


Name: _____

Date: _____

Food



Across

4. deficiency disease vitamin A

7. a citrus source of vitamin c

10. deficiency disease vitamin D

13. are organic components in food that are needed in very small amounts for growth and for maintaining good health

14. helps prevent bowel disease and constipation

Down

1. deficiency disease of vitamin B

2. source of vitamin d

3. foods composed of starches, sugar

5. iron makes this substance in the blood, it helps carry oxygen

6. richest source of protein

8. we should drink 8 glasses of this a day

9. the vitamin that helps blood clot

11. are units of energy

12. deficiency disease of vitamin c

Word Bank

vitamins

scurvy

calories

water

nightblindness

rickets

carbohydrates

beriberi

orange

fiber

sunlight

vitamin k

haemoglobin

soybean