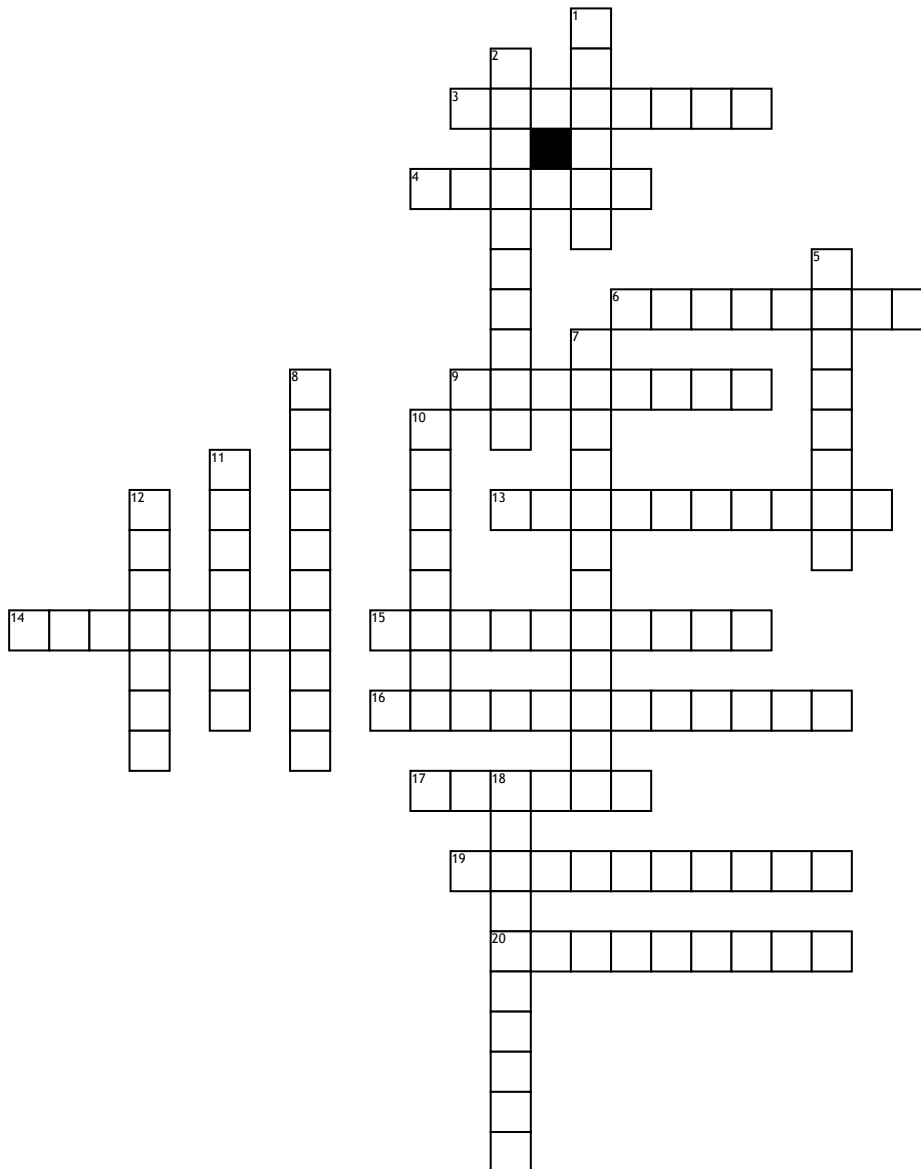


# Chapter 9 Nutrition Vitamins and Minerals



## Across

3. Enables the body to properly absorb calcium  
 4. Involved in energy formation by cells  
 6. Protects the immune system  
 9. necessary for blood coagulation  
 13. Present in fish (B6)

14. Removes carbon dioxide from cells B1  
 15. Vitamins A,D,E and K  
 16. Vitamin C  
 17. Aids in formation of hemoglobin  
 19. Vitamin B12  
 20. Important to fluid balance

## Down

1. Part of metabolic reactions

2. Works with enzymes (B2)  
 5. Also known as retinol  
 7. Vitamins B and C  
 8. Helps to stop free radicals  
 10. Inorganic materials  
 11. forming and maintaining bones  
 12. Folic acid  
 18. Present in DNA