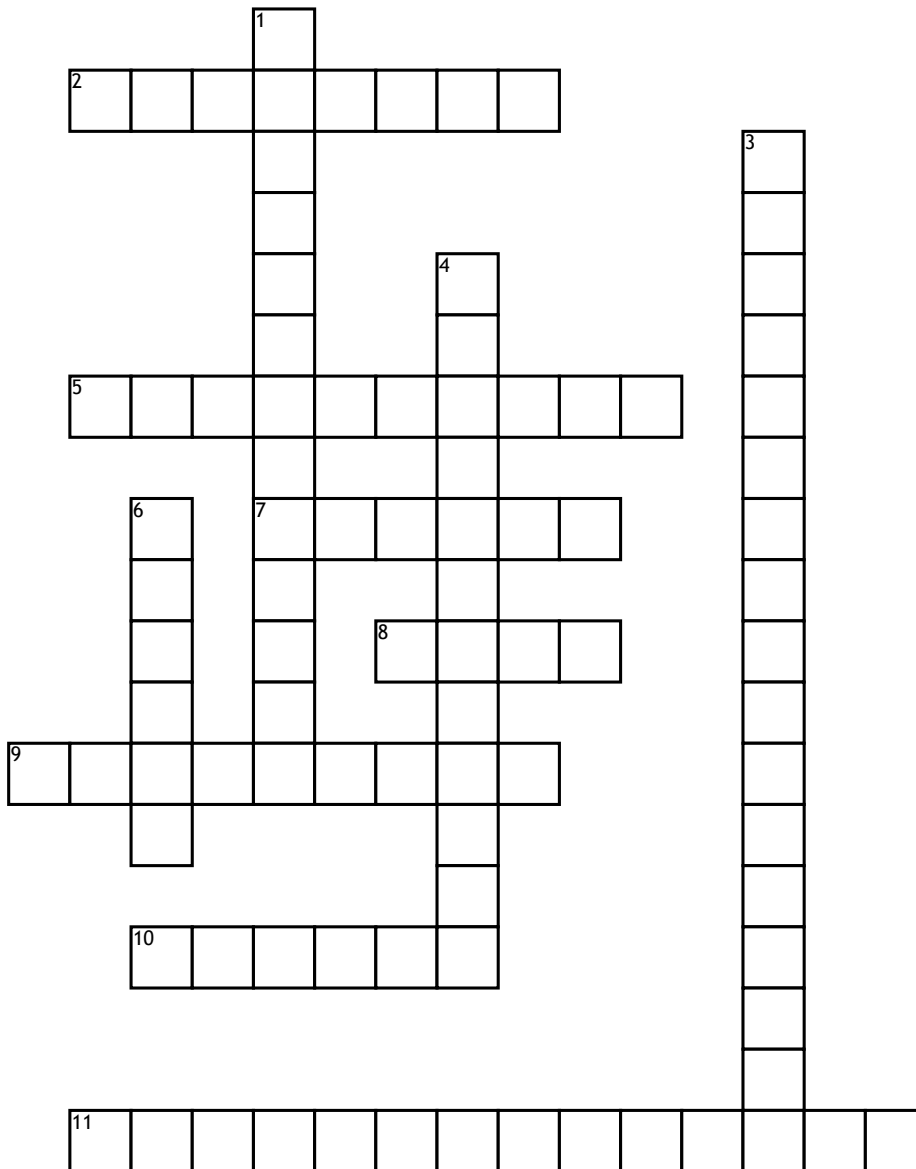


FOOD FORTIFICATION



Across

2. Name of the vitamin that helps convert nutrients into energy.
5. What are most likely to occur with large doses of fat-soluble vitamins
7. Vitamins are needed for ...
8. In how many categories can vitamins and minerals be divided into?
9. Name of the nutrient that helps maintain fluid balance.
10. The trace mineral that assists thyroid regulation.

11. What are part of nearly every process in your body?

Down

1. What are needed in large amounts than trace minerals in order for your body to perform their specific roles?
3. The process of adding micronutrients to food is called ...
4. What do you call vitamins that dissolve in water?
6. Name of the vitamin that's crucial for proper cell division.