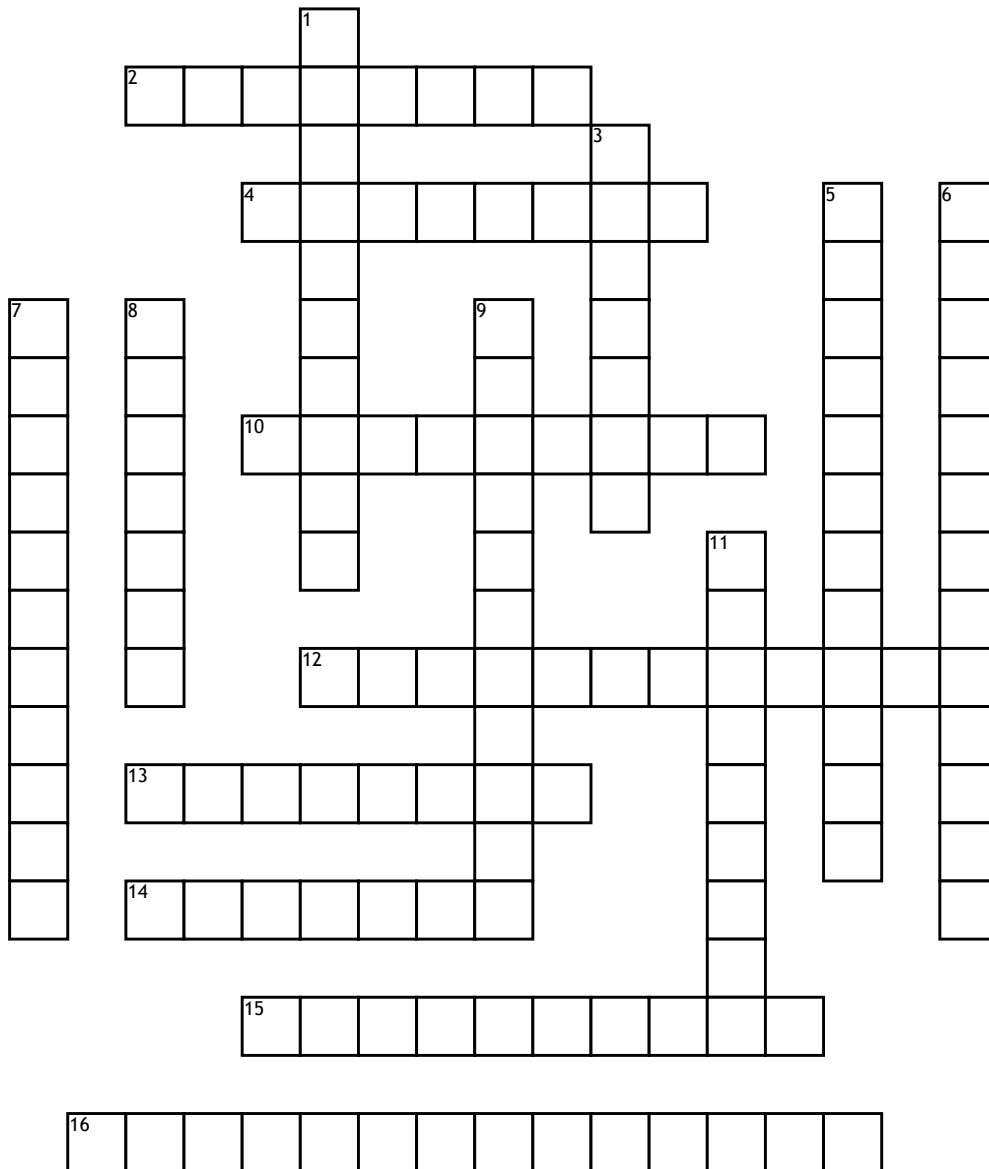


# Health



## Across

2. Ten or more times greater than the recommended amount.

4. Type of protein.

10. A mineral or other inorganic substance that is needed to allow enzymes to function properly.

12. Atom's unpaired electrons that remain unpaired.

13. A negatively charged particle orbiting the nucleus of an atom.

14. The positively charged, central core of an atom.

15. Nutrient that promotes oxidation.

16. Inability of the eyes to adjust to dim light.

## Down

1. A fat-soluble plant pigment.

3. An active, alcohol form of vitamin A

5. An active, acid form of vitamin A.

6. A heart disorder.

7. Inactive forms of vitamins.

8. An active, aldehyde form of vitamin A.

9. Active form of Vitamin E.

11. A process where atoms lose electrons.