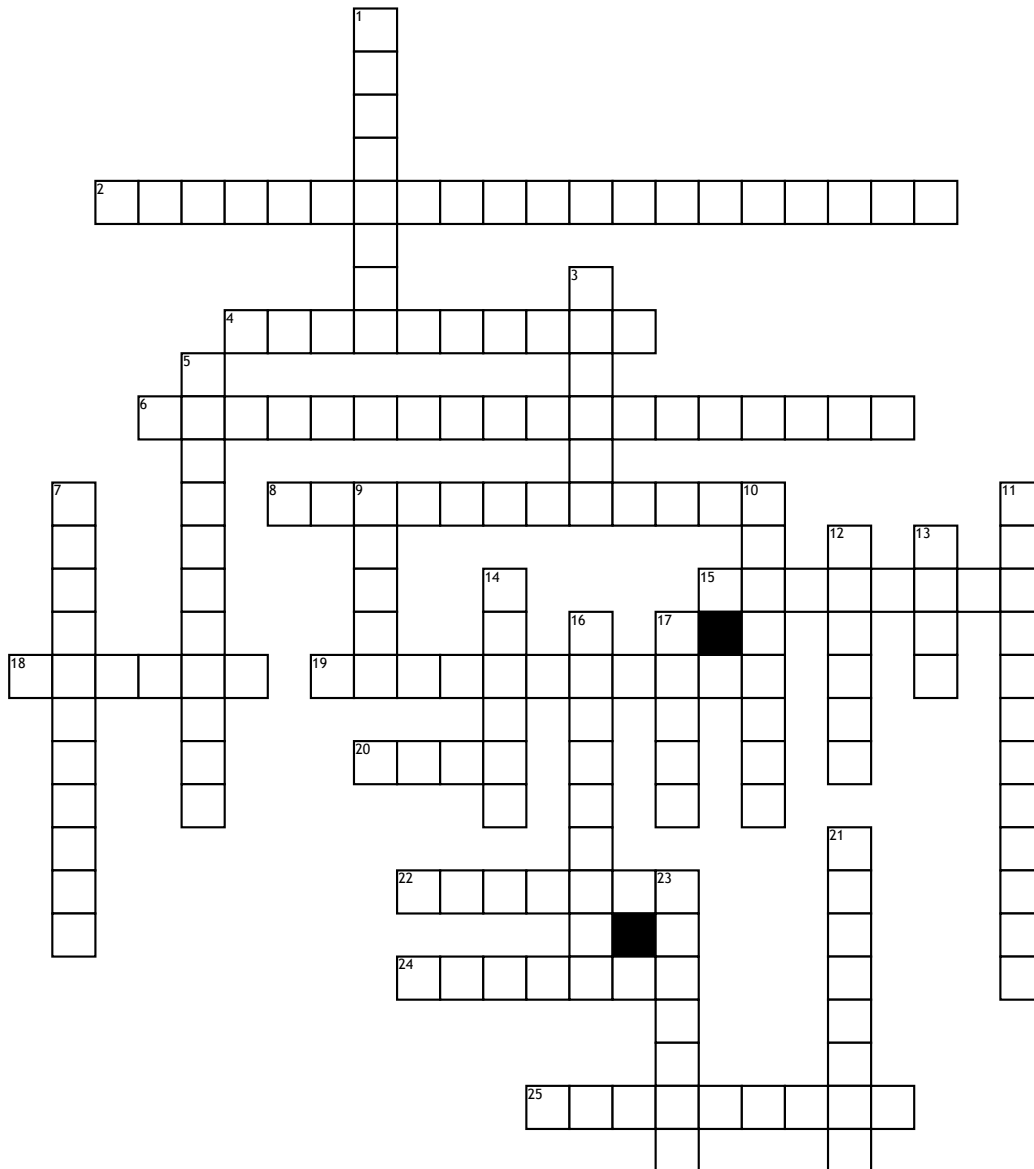


Health crossword



Across

- 2. one of the most common nutritional deficiencies in the world
- 4. needed for bone formation and cell reproduction
- 6. the state of not having enough of a nutrient to maintain good health
- 8. a disorder in which the bones become brittle and break easily
- 15. helps the strengthening of tooth enamel; helps in prevention of cavities
- 18. needed for the production of bone and red blood cells and the absorption of iron
- 19. occurs when the body loses more water than has been taken in
- 20. necessary for production of hemoglobin
- 22. needed for development and maintenance of bones and teeth, transmission of nerve impulses, muscle contraction, and blood clotting

- 24. a class of nutrients that contain carbon and are needed in small amounts to maintain health and allow growth
- 25. needed for maintenance of fluid balance, transmission of nerve impulses, and muscle contraction

Down

- 1. the best sources of iron
- 3. needed for protein metabolism
- 5. recommended for people who do not have quite enough nutrients in their diet
- 7. a substance that is able to protect body structures from a highly chemically reactive form of oxygen called a free radical
- 9. how many days you can live without water
- 10. needed for healthy heart function, antioxidant action, and healthy thyroid function

- 11. vital for processes such as muscle movement, nerve signals, and the transport of nutrients into and out of body cells
- 12. needed for the regulation of water balance in cells and tissues and for transmission of nerve impulses
- 13. needed for growth and healing and for production of digestive enzymes
- 14. needed for production of thyroid hormones and normal cell functions
- 16. needed for bone growth, metabolism, and muscle contraction
- 17. the amount of how many glasses of water you should drink a day
- 21. helps regulate blood sugar
- 23. a class of nutrients that are chemical elements that are needed for certain processes, such as enzyme activity and bone formation