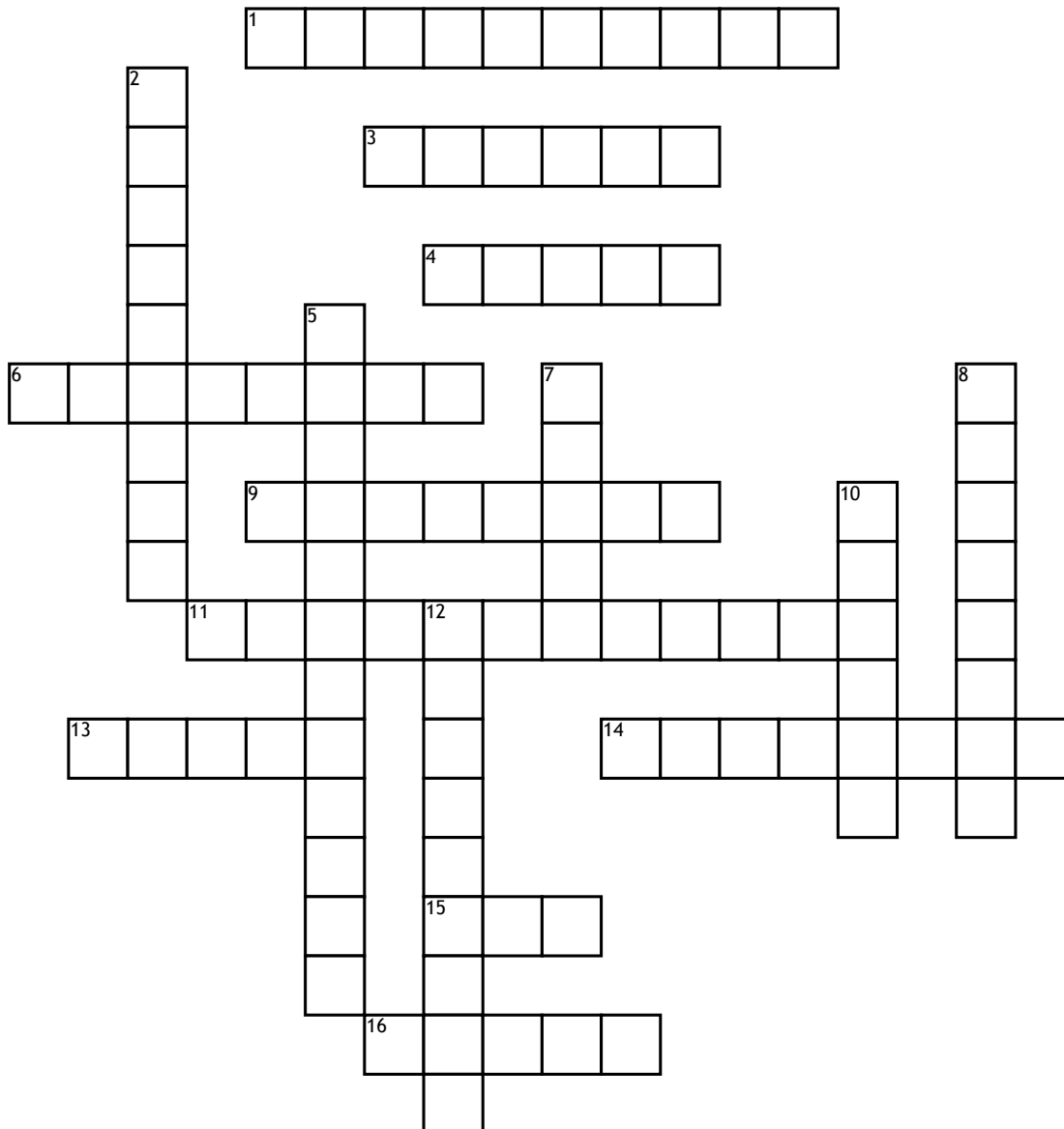


Name: _____

Date: _____

Mineral



Across

1. Calcium also works with _____.
3. Phosphorus are required for the conversion of carbohydrates and fats into _____.
4. Minerals are required by the body in _____ amounts.
6. A shortage or an access of any of these minerals can result in _____ or _____ health problems.
9. Potassium function is to _____ the movement of fluids and minerals into and out of our body cells.

11. Excessive intake may also lead to _____.
13. _____ minerals are required by our body in amounts of 100 mg or more daily.
14. Osteoporosis is a bone disease which results in the _____ of bone tissues.
15. There are _____ types of minerals.
16. Different minerals plat different _____ in our body.
- ### Down
2. Another name for sodium chloride is _____.

5. A lack of calcium can cause _____.
7. _____ minerals are required by our body in amount less than 100 mg daily.
8. Calcium works with _____.
10. _____ is an example sources of potassium.
12. Excessive intake of sodium may cause water _____ in the body.