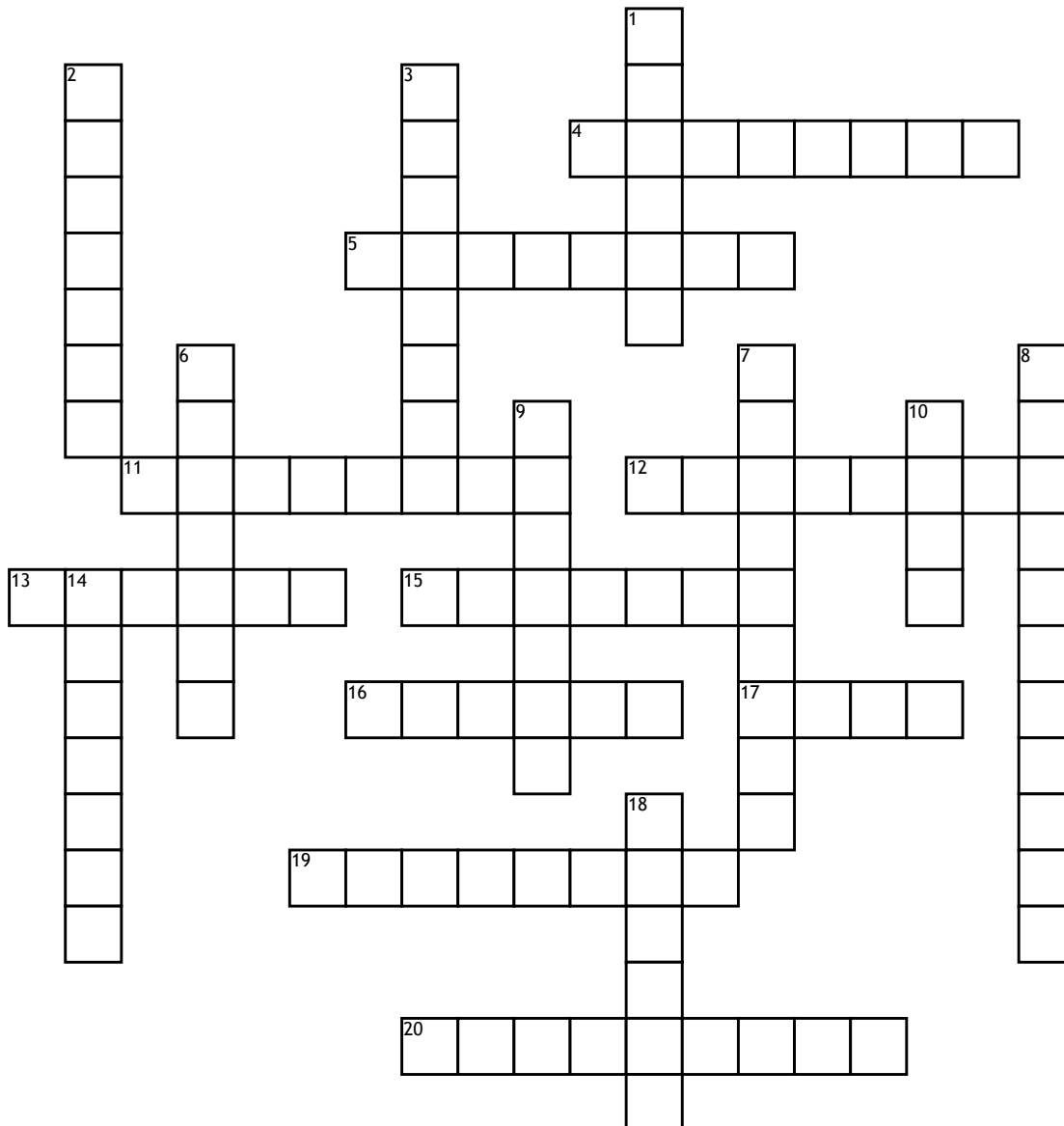


Name: _____

Date: _____

Nutrients



Across

- 4. Diarrhea, dermatitis, dementia are symptoms of _____
- 5. Helps blood clot
- 11. _____ helps teeth resist decay maintains bone health
- 12. Suffering from night blindness means you need more _____
- 13. Goiter is a disease of a _____ deficiency
- 15. Brittle bones and bow legs are symptoms of _____
- 16. If not getting enough vitamin C you could developed _____

- 17. _____ helps cells use oxygen
- 19. Rickets is a disease of having a _____ deficiency
- 20. The body needs over 50 different _____

Down

- 1. Having an Iron deficiency and not getting the right nutrients can lead to _____
- 2. Beriberi is a disease of a _____ deficiency
- 3. _____ affects nervous system, pain, vomiting, difficulty walking

- 6. Builds bones and teeth. Helps muscles and nerves work
- 7. Bananas is a great source of _____
- 8. Edema, irritability, anorexia, enlarged liver are all symptoms of _____
- 9. If you eat too much fish you could be poisoned by _____
- 10. Helps wounds heal and promotes normal growth
- 14. Vitamin C is found in _____
- 18. Fatigue, weakness, poor appetite, constipation are all symptoms of _____