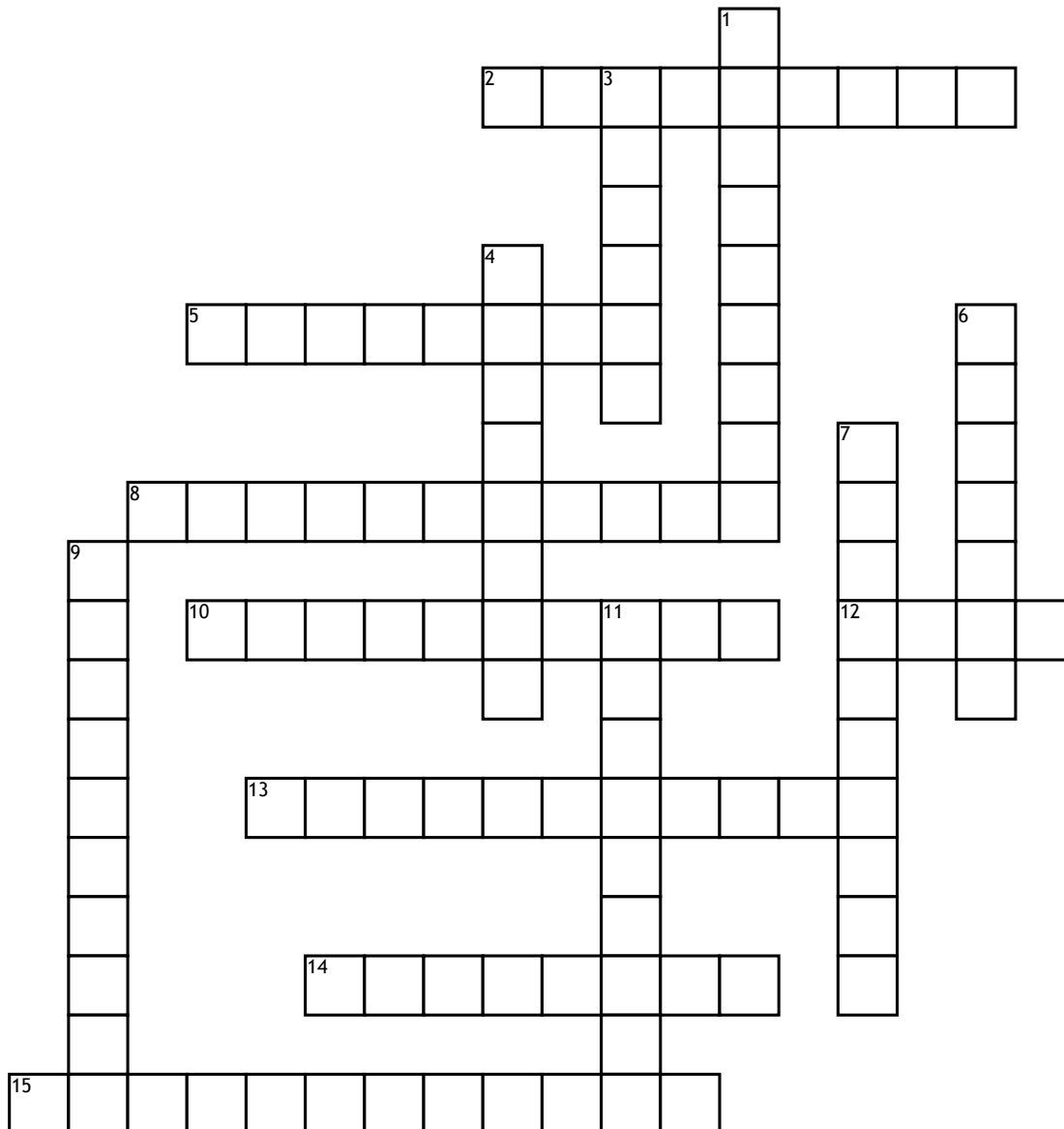


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition



## Across

2. Light sensitive pigment found in rod cells of eye

5. Does exceeding 2000 mg/day

8. Inactive forms of vitamins

10. one group of plant pigments

12. Tiny unit of matter

13. Highly Unstable

14. Donates an electron to free radicals

15. Precursor to Vitamin A

## Down

1. Selenium, copper, Iron, Zinc, Manganese

3. Contains 8 electrons

4. Critical compound of all connective tissue

6. Vitamin A

7. Molecules are broken down and built up

9. Vitamins A, D, E, K

11. Loss of electrons