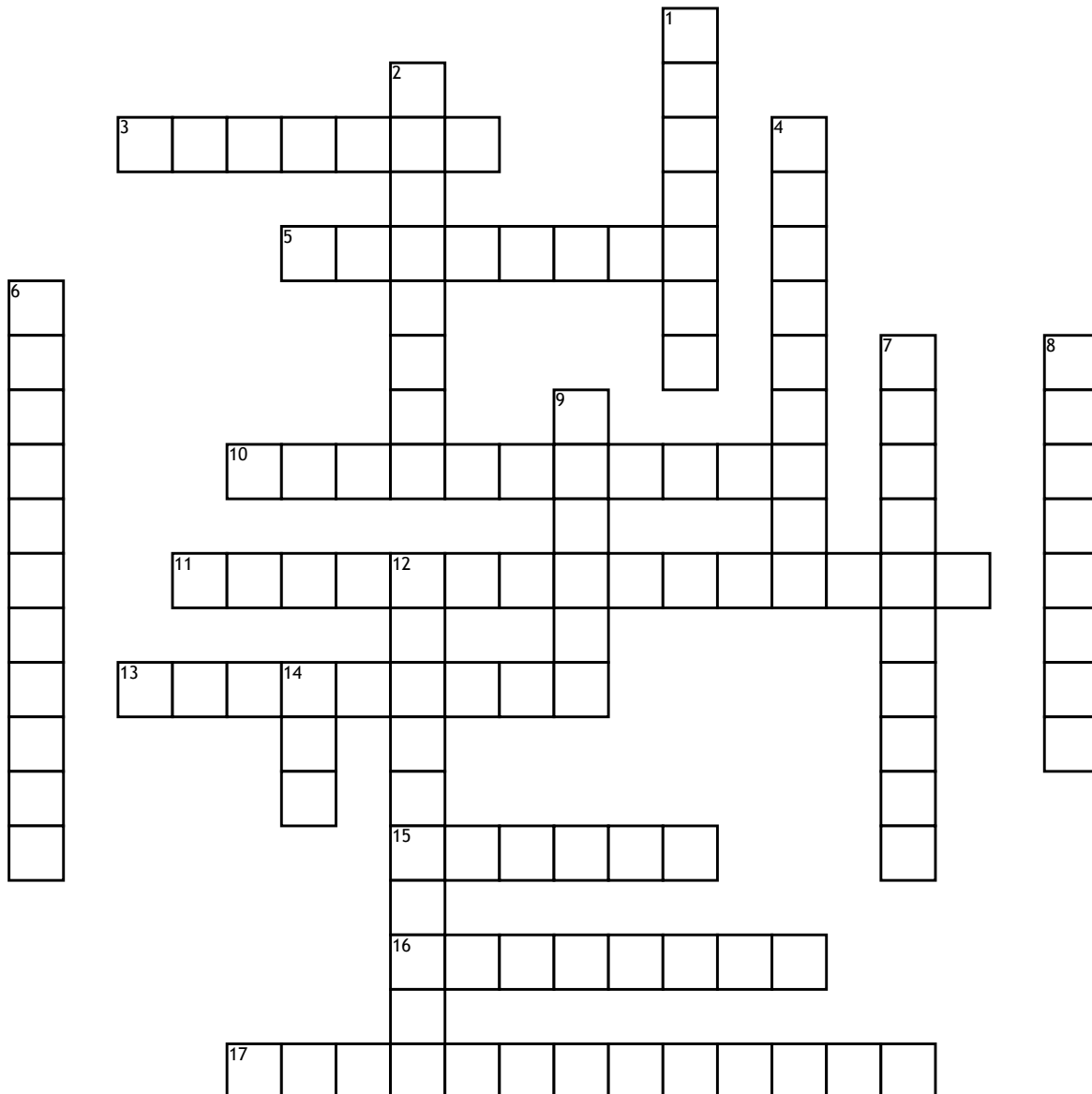


Nutrition



Across

3. Which major mineral is most abundant in the human body?
5. Vitamin C is needed to make ____ ; a component of connective tissue required in wound healing.
10. Vitamin K is a coenzyme essential for the synthesis of ____ .
11. Vitamin B12 requires ____ in order to be absorbed? (2 words)
13. High ____ intakes can lead to hyperkalemia and life-threatening cardiac arrhythmias.
15. ____ is a disease resulting from a deficiency of Vitamin C.

16. An adequate calcium intake throughout the first three decades of life is needed to attain peak ____ as determined by genetics. (2 words)

17. What do Calcium, Phosphorus, Copper, and Fluoride have in common? (2 words)

Down

1. What is the other name for Vitamin A?
2. The body has the potential to make all of the Vitamin D it needs if exposure to ____ is optimal and liver and kidney function are normal.
4. Minerals are ____ elements that originate from the earth's crust.
6. Low blood pressure, dry skin, and increased temperature are all potential symptoms of: _____
7. These vitamins can dissolve in fats and oils; they do not dissolve in water. (2 words)
8. Which vitamin deficiency causes xerophthalmia; an eye condition causing thickening of the conjunctiva with white plaques?
9. Which mineral is largely responsible for regulating fluid balance?
12. Sweating is an example of ____ water loss.
14. Minerals are not destroyed by light, ____, heat, or acids during food preparation.