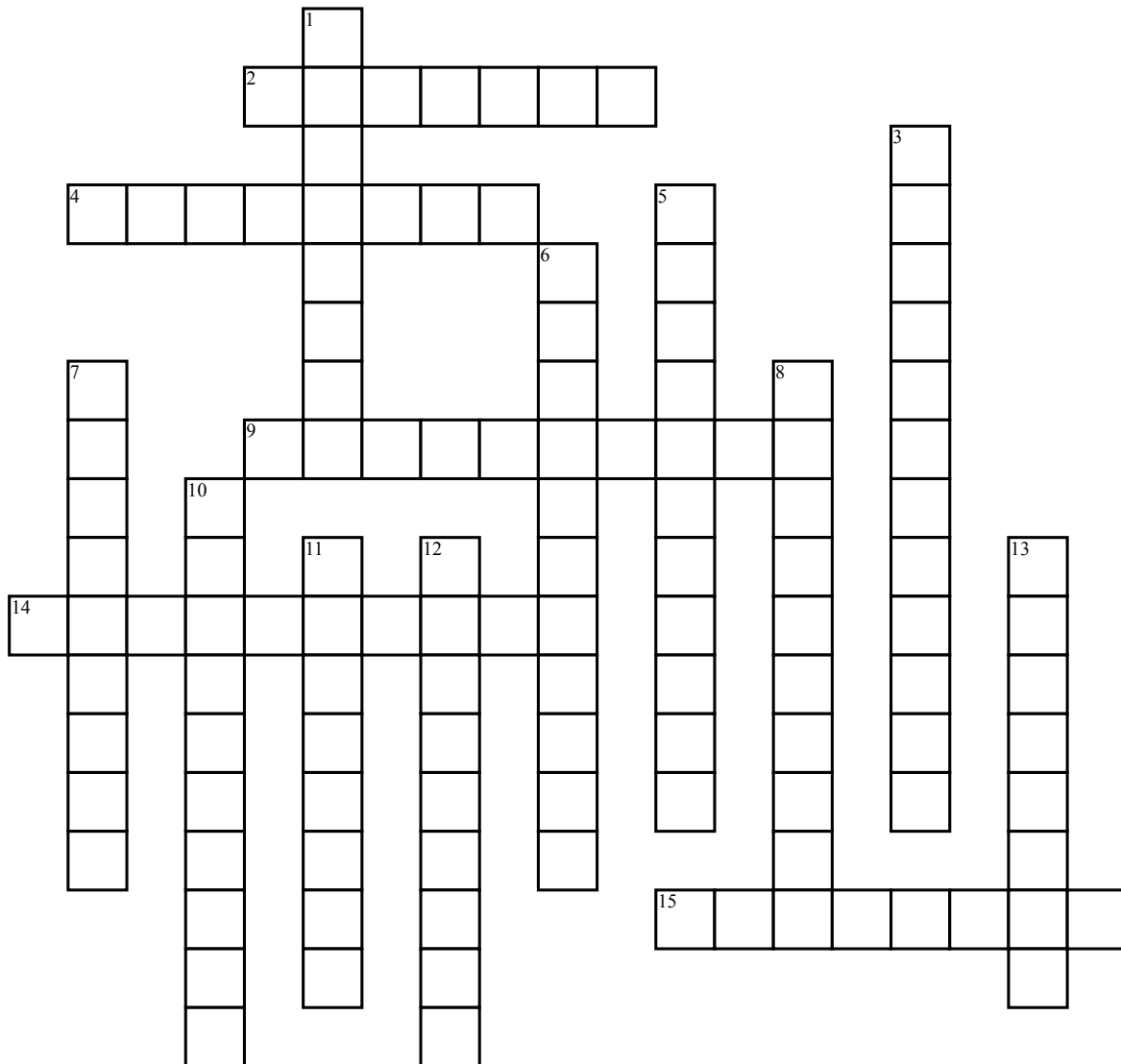


Name: _____

Date: _____

Nutrition



Across

- 2.** Alcohol form of Vitamin A that plays an important roll in healthy vision
- 4.** Vitamin C prevents scurvy because it assists in the synthesis of _____.
- 9.** This fruit is high in Vitamin C
- 14.** Fat-soluble plant pigment that the body stores in the liver and adipose tissue

15. People with low Iron are recommended to consume this water-soluble vitamin

Down

- 1.** Consuming ten times the recommended amount
- 3.** Prevents or repairs the damage from oxidation
- 5.** The active form of vitamin E
- 6.** Highly unusable atom with an unpaired electron
- 7.** During metabolism atoms may lose electrons

8. Nutrient that promotes oxidation and oxidative cell and tissue damage

- 10.** Inactive form of a vitamin that the body can convert to an active form.
- 11.** A deficiency of this trace mineral can lead to Keshan Disease
- 12.** mineral or inorganic substance that is needed for enzymes to work properly
- 13.** This vitamin pairs with the unpaired electron