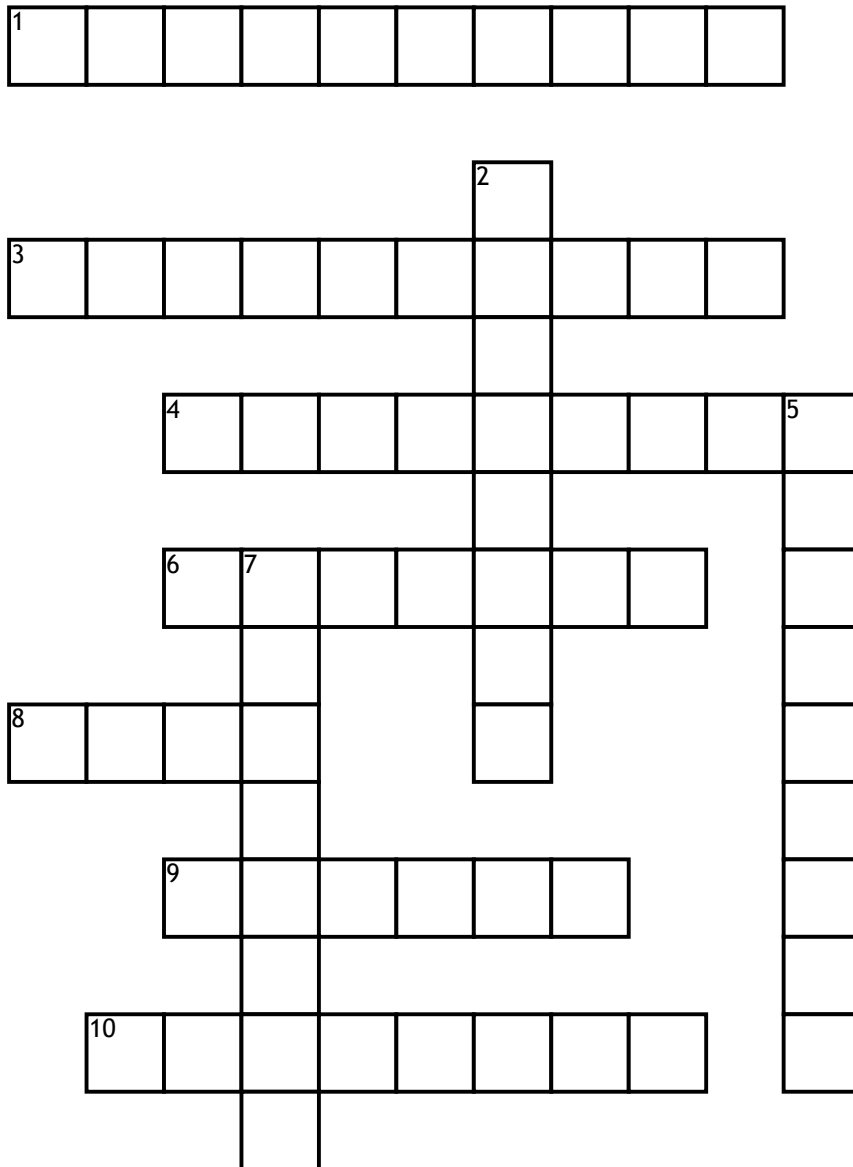


Name: \_\_\_\_\_

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

# Nuutrition



## Across

1. this vitamin is important for red blood cell production and is known as B2
3. treats and prevents sulfite sensitivity, assists circulation and may reduce risk of esophageal cancer
4. this should be combined with calcium and Vit E
6. found in milk, and aids in strong bone structure
8. a deficiency of this mineral causes thinning hair and poor growth in children as well as persistent diarrhea

9. this nut is rich in selenium and thiamin (B1)

10. his vitamin helps the body make new cells

## Down

2. this mineral is in short supply due to poor concentration in soil and protects the body from oxidative stress

5. a deficiency of this mineral could lead to infertility and seizures, joint pain

7. This acid is the name for vitamin c