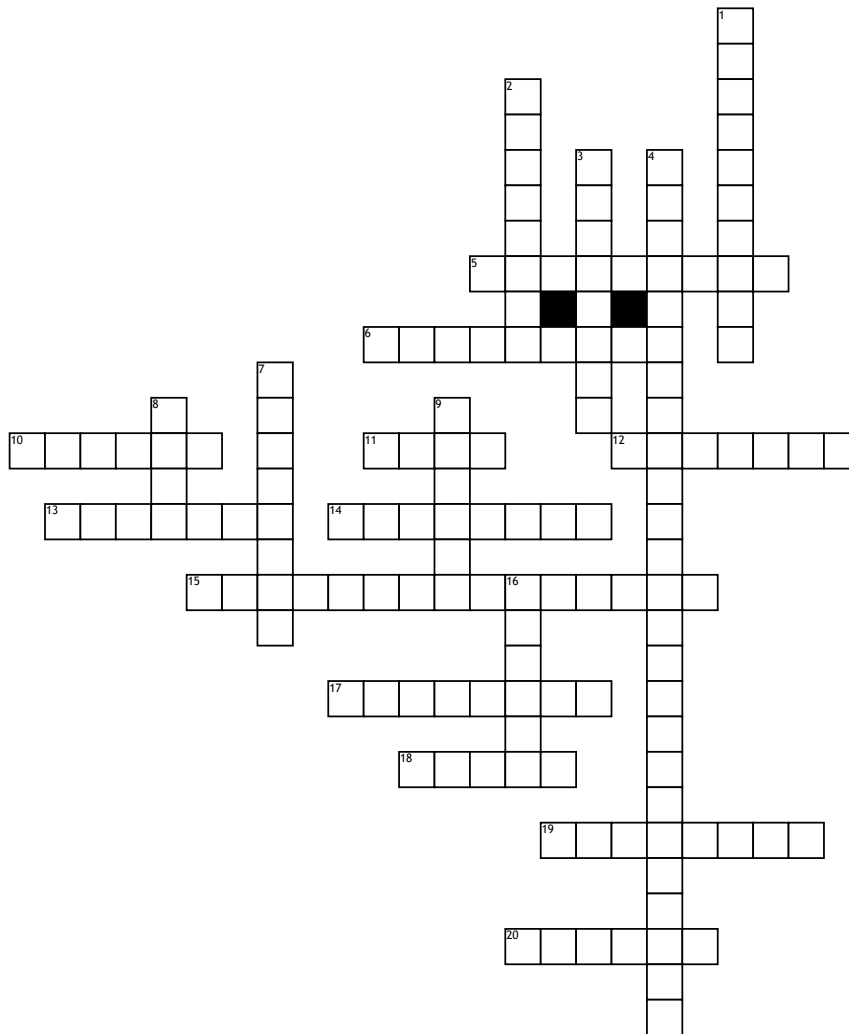


Name: _____

Date: _____

Vitamin/Minerals



Across

- 5. Plays a role in the regeneration of red blood cells
- 6. Helps regulate body temperature
- 10. Helps keep skin, tongue, and lips normal
- 11. Combines with protein to make hemoglobin
- 12. Helps keep nervous system healthy
- 13. Helps build bones and teeth
- 14. Helps blood clot

- 15. Helps the body make cholesterol
- 17. Helps prevent night blindness
- 18. Lubricates the joints and body cells
- 19. Helps the body fight infection
- 20. Helps the body break down the energy nutrients

- 3. Acts as an antioxidant
- 4. Helps nervous system and muscles work
- 7. Helps maintain bones in adults
- 8. Aids work of the immune system
- 9. Helps prevent damage to the brain and spinal cord of unborn babies
- 16. Promotes normal functioning of the thyroid gland

Down

- 1. Protects against pernicious anemia
- 2. Helps teeth resist decay

Word Bank

- | | | | |
|-----------|-----------------------------|------------------|-----------|
| Vitamin E | Biotin | Pantothenic Acid | Calcium |
| Vitamin D | Vitamin B12 | Folate | Vitamin K |
| Iodine | Sodium, Chloride, Potassium | Vitamin B6 | Fluorine |
| Iron | Thiamin | Niacin | Vitamin C |
| Vitamin A | Water | Magnesium | Zinc |