

Name: _____

Date: _____

Vitamin C Day

S F S Y X F L X F C R R M S N Y E B G M F M M M
C U D I G N N S E O T A M O T I Y Q O O F W R U
U L T N A D I X O I T N A K E C Z B T K B Q I N
Q L B D P G C K P F K W S T I U R F S U R T I C
U E H C H U D K S T I C D T M T L R K G U U D P
B Z F B R T M T W M W H N L Z B O N E S T G S R
R W U B L A E S N S I X K E Y B D F X R R O E E
E B R O C C O L I P Q Z O P V S L I L I A S Q V
D K Z R T C P E O L U P K T X M O Y M S R J V E
B D Z Q E B U S E G N A R O B U H V C E Q P N N
L E K C U P H V D N W R E H K G H O Q B G P N T
O H M J O M A X B H L K C X E E R B D J Y E D I
O G U D E H D I R B H J E Z A B V A L X C P T O
D L H K Y W N S R V Z J M P A F L U Q P F P E N
C T C F W V O C R F D Z V T U Z N Y F L H E E P
E C S Q M M R S F S R E E B B O M N Y K O R Z L
L G F X S H I U R F O B D Y F X L K A G A S E E
L C H A X A H Z C L Y O Q T M R W A G D U U G Z
S V Z A N L E B G S B V W T F C C K T U D S R Q
S E I R R E B W A R T S Y V U S D H K N B Q K W
R W J U F N M C O L L A G E N P T U Y Q A C U Y
R K W A L E G I G D K V I X M A H V Q Q S C A I
E G A B B A C F A A E D Z A C J N A B O H L S Z
J I G F Z D K I V K X B B R Y S H R M G X I N U

Red blood cells

Antioxidant

Ascorbate

tomatoes

peppers

Scurvy

kiwi

citrusfruits,

cantaloupe

broccoli

cabbage

Anemia

Bones

strawberries

Prevention

Collagen

oranges

Repair

Gums