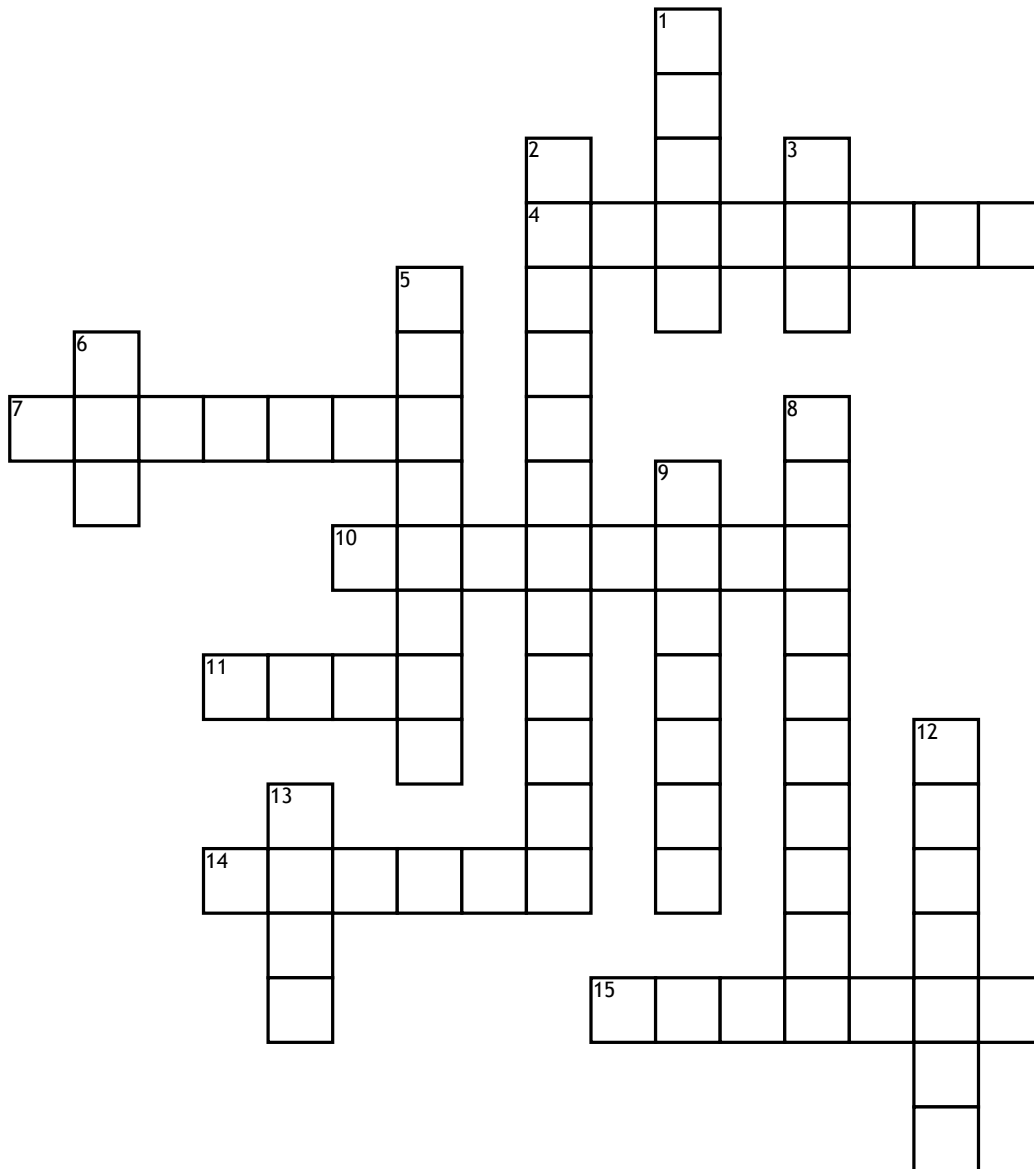


Name: _____

Vitamin D



Across

4. What is the types of diseases that are caused by vitamin D deficiency

7. Which pigment in the skin is a natural sunscreen?

10. What vitamin reduces the risk of MS?

11. What are foods that are high in vitamin D?

14. What is a symptom of excess vitamin D?

15. What is the best edible source of Vitamin D?

Down

1. What is vitamin D good for?

2. Deficiency in vitamin D in adults leads to which condition?

3. Can a person have too much vitamin D?

5. what is the best source for Vitamin D?

6. Which color of hair belongs to people who can produce vitamin D at a faster rate than others?

8. What is vitamin D crucial for?

9. Deficiency in vitamin D in children leads to which condition?

12. Vitamin D helps our bodies absorb_____?

13. Vitamin D supplements are best absorbed when taken with food that contains?