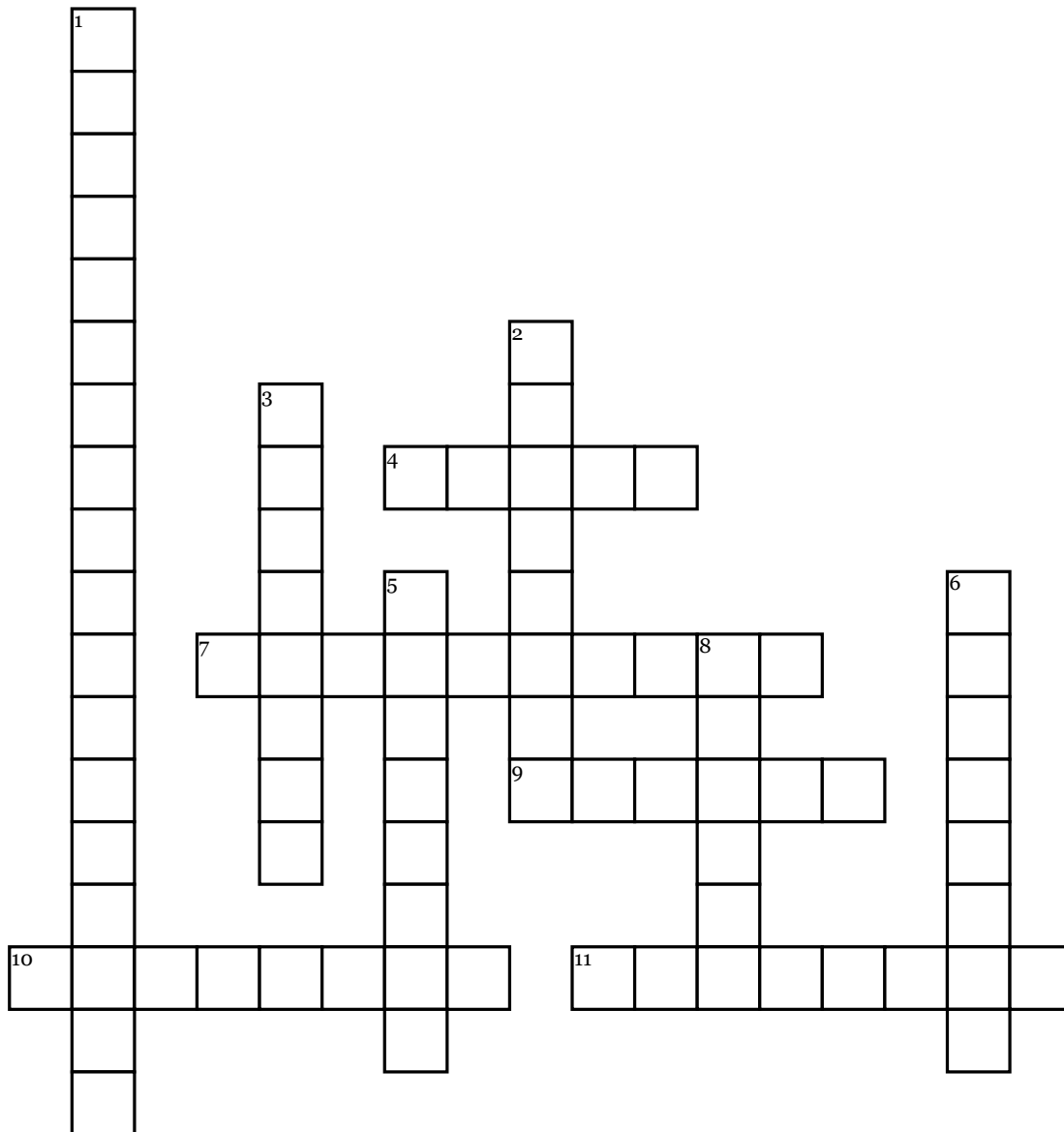


Name: \_\_\_\_\_

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

# Vitamins



## Across

4. We need to eat food rich in the vitamins that are \_\_\_\_\_ soluble daily
7. A diet lacking in one or more vitamins will result in a \_\_\_\_\_
9. A lack of Vitamin C can cause \_\_\_\_\_
10. Helps with muscle coordination and a healthy nervous system
11. Keeps the skin and eyes healthy

## Down

1. Vitamins A D and K are \_\_\_\_\_
2. Helps the body to resist diseases
3. The lack of vitamin D can cause \_\_\_\_\_
5. Green vegetables, liver, egg and cereals are good sources of \_\_\_\_\_
6. The sun is a rich source of this vitamin
8. A rich source of vitamin A is \_\_\_\_\_