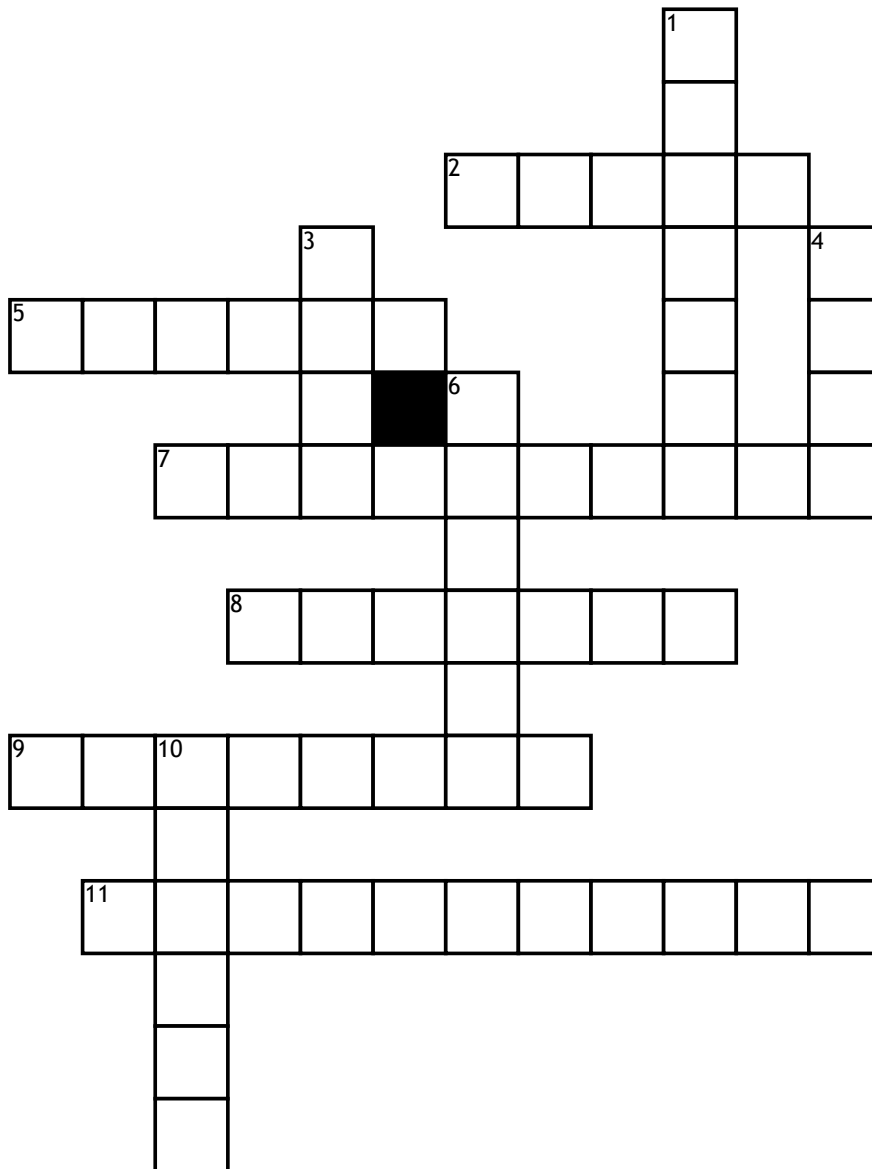


Name: _____

Date: _____

Vitamins E and K



Across

2. Vitamin K is also produced by the bacteria in our _____ intestine.
5. Vitamin K is needed for _____ blood clotting.
7. Severe deficiency can cause _____, anaemia and nerve disease.
8. Green leafy vegetables such as _____ and broccoli are also sources that contain Vitamin K.
9. Excessive Vitamin E may _____ the absorption of Vitamin K in our body
11. Vitamin E acts as an _____.

Down

1. Sources that contains Vitamin K such as liver, vegetable oils, _____ and many more.
3. Vitamin K toxicity is _____.
4. Sources that contains Vitamin E such as vegetable oils, whole-grain food, egg yolk, _____ and liver.
6. Lack of Vitamin K may lead to excessive bleeding of _____ as blood is not able to clot properly.
10. Undesirable chemical reactions in our body can cause _____.