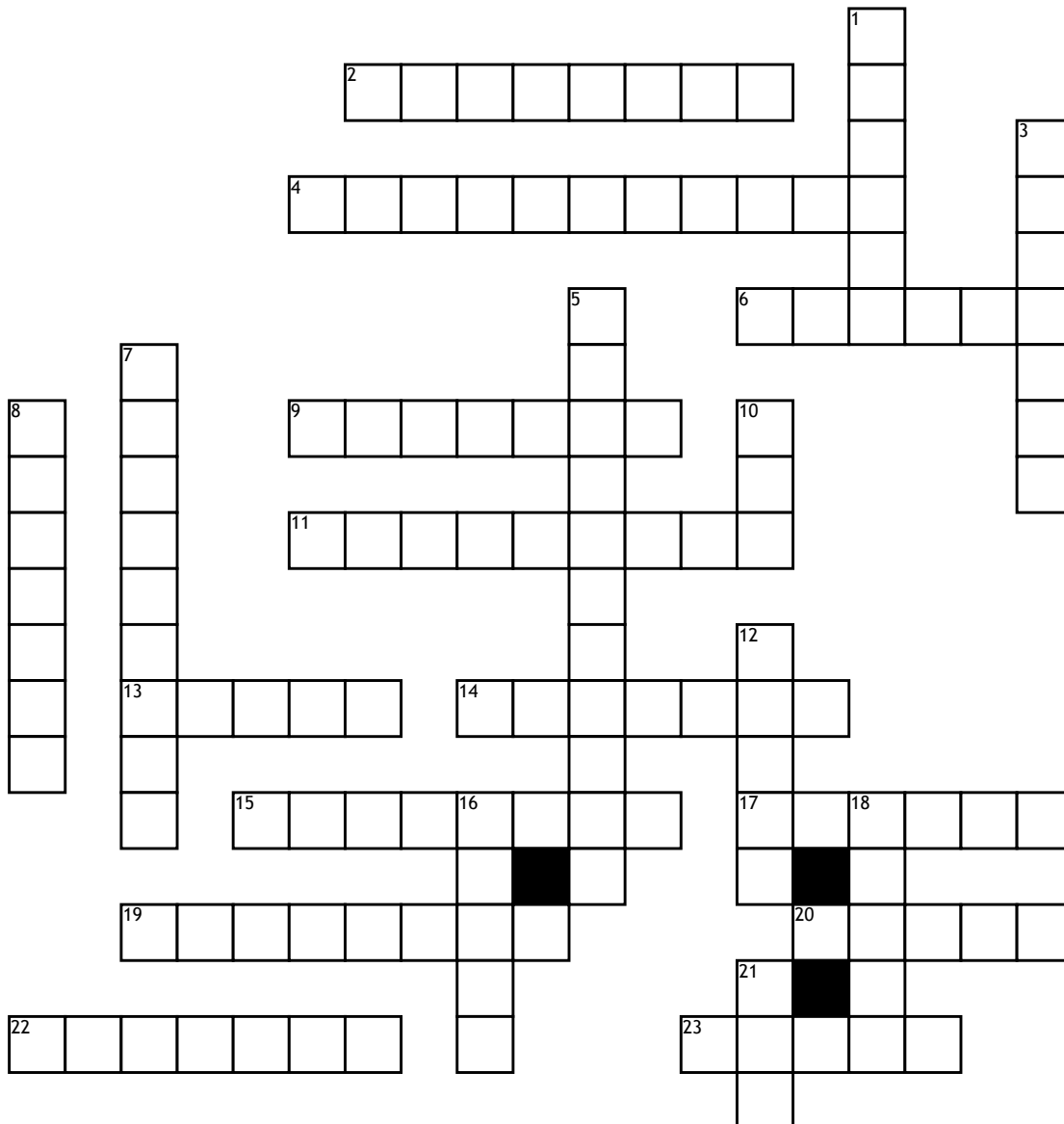


Vitamins Minerals Fruit and Vegetables



Across

- 2. The most economical time to buy fruit and vegetables in when they are (2 words)
- 4. Low or no urine and Thirsty are signs of _____
- 6. What condition is cause by a deficiency in Iron?
- 9. Vitamin C prevents _____
- 11. Browning occurs when cut surfaces of food reacts with air. This is called _____
- 13. Number of cups of water suggested each day.
- 14. The mineral _____ prevents osteoporosis

- 15. When you take too many fat soluble vitamins and it makes you sick is a _____
- 17. A type of fruit high in Vitamin C
- 19. To prevent Oxidation in fruits put a solution with _____ acid on them.
- 20. Type of mineral that we need to get large amount of daily
- 22. Deficiency of Vitamin D causes this condition in children.
- 23. Fruits and 75% to 95% this nutrient

Down

- 1. One of the colors of vegetable with the highest nutrition
- 3. Prevents Neural Tube defect such as Spina Bifada in unborn children

- 5. Type of Mineral that balance fluids in your body.
- 7. Vitamin A prevents night _____
- 8. One way to retain nutrients when cooking is to _____
- 10. Vitamin D also comes from this as well as food we eat.
- 12. Whole and cut up fruit is a better way to consume fruit than _____
- 16. One of the 4 C's of Food Safety from Farm to Table
- 18. Iron is an example of this type of Mineral
- 21. What are Vitamins ADE &K dissolved in?