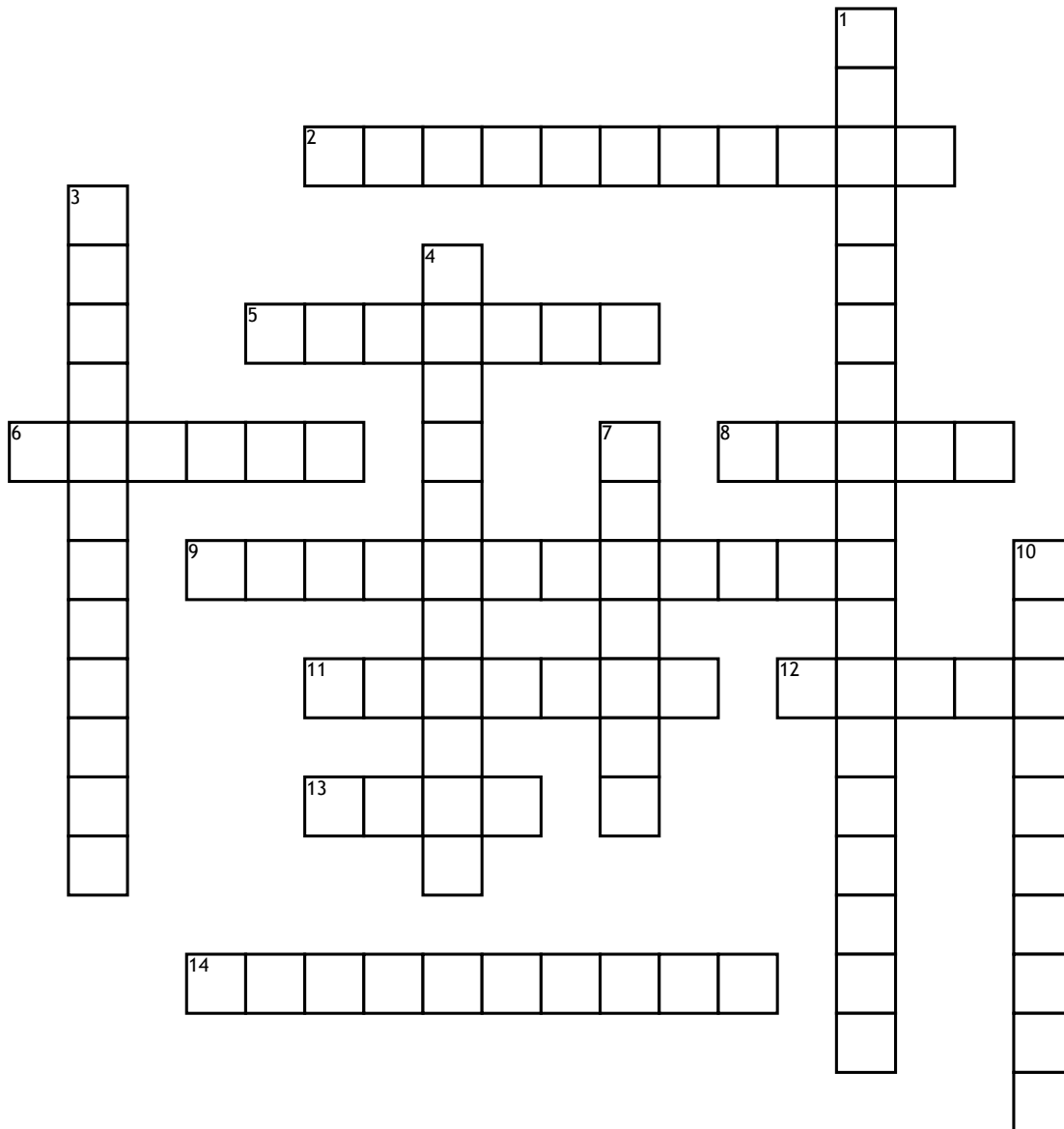


Vitamins, Minerals, and Water



Across

- 2. Pills for people who can't meet their nutrient needs
- 5. Nutrients that are chemical elements that are needed for certain body processes
- 6. Salt
- 8. H₂O
- 9. Vitamins not stored in body very well

- 11. Nutrients that contain carbon and needed in small amounts to maintain health
- 12. How many glasses of water should we have?
- 13. Makes hemoglobin
- 14. The molecule in red blood cells that carry oxygen

Down

- 1. The state of not having enough of a nutrient to maintain good health
- 3. Low bone density, not healthy bones
- 4. Low water in your body
- 7. What you need for healthy bones
- 10. Vitamins A,D,E,K and dissolve in fat