

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

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

# Vitamins

T V K P R E D B L O O D C E L L S  
C M V A K M V S H F Z M Y N Q T Y  
V T P T T E G T L A U F H V D F R  
I P L K R O K R T T N I T O L D Q  
T X D W A P J O T S F G L W R L K  
A M I B I M E N W O R H A B S I H  
M R C K P D I G O L S T E L F M K  
I Q W H R V V B C U N I H O H I U  
N M U L S G F O J B Q N A O I T I  
S O Q S M N D N B L O F J D K E E  
I J R C E U W E G E S E B V R D N  
H H W R S U S S H T C C G E N A E  
F G V C Y L S C R X Z T E S E M R  
L E F V E L A S L L D I X S W O G  
S H Y U G C C X I E L O A E Z U Y  
E V J Q D V G I P T S N P L L N I  
D E L B U L O S R E T A W S U T A

**Red blood cells**  
**Blood vessels**  
**Fat soluble**  
**Tissues**  
**Nerves**

**Fight infection**  
**Water soluble**  
**Vitamins**  
**Healthy**

**Limited amount**  
**Strong bones**  
**Muscles**  
**Energy**