

Name: _____

Date: _____

Vitamins and Minerals

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

micronutrients	immune system	water soluble	citrus fruit
fat soluble	haemoglobin	vegetables	nutrition
eyesight	function	minerals	vitamins
calcium	rainbow	health	bones
fruit	teeth	diet	iron