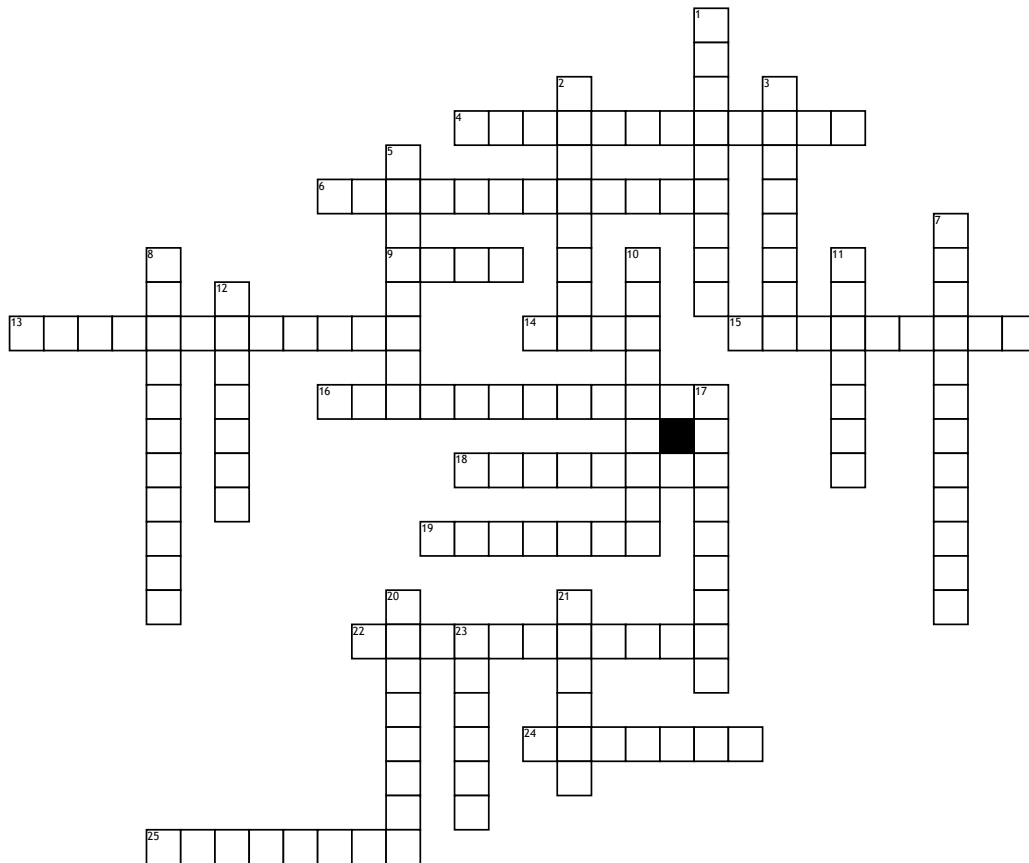


Name: \_\_\_\_\_

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

# Vitamins and Minerals



**Across**

- 4. Causes high blood pressure
- 6. Help cells do their part to keep body fluids in balance
- 9. Is a good source of zinc
- 13. Vitamins dissolve in water and pass easily in the blood stream
- 14. Choose foods that are naturally low in \_\_\_\_\_
- 15. Helps heart function
- 16. Weak bones
- 18. Reduces heart disease
- 19. Keeps bones strong
- 22. Builds strong bones, cells and tissues

24. Work with \_\_\_\_\_ to keep cells healthy and active

25. Prevents tooth decay

**Down**

- 1. Helps heart function, nerves, muscles work, and build bones
- 2. A deficiency from Vitamin B3
- 3. Helps give you good vision
- 5. Is a good source of Vitamin B (thiamin)
- 7. Protect cells and the immune system from damage by harmful substances
- 8. Use \_\_\_\_\_ and \_\_\_\_\_ instead of salt

10. Maintains a steady heart

11. A good source of potassium

12. Add little to no salt to food when \_\_\_\_\_

17. Is a source for Vitamin B12

20. Helps digest food + work nerves

21. Provides nutrients for growth and development

23. Helps body work

**Word Bank**

- |              |           |                |              |              |
|--------------|-----------|----------------|--------------|--------------|
| Lean meat    | Salt      | Bananas        | Electrolytes | Chloride     |
| Osteoporosis | Enzymes   | Pellegra       | Vitamin E    | Herbs Spices |
| Shell fish   | Nuts      | Calcium        | Sodium       | Antioxidants |
| Cooking      | Magnesium | Water- Soluble | Magnesium    | Hypertension |
| Fluoride     | Iodine    | Potassium      | Vitamin A    | Phosphorous  |