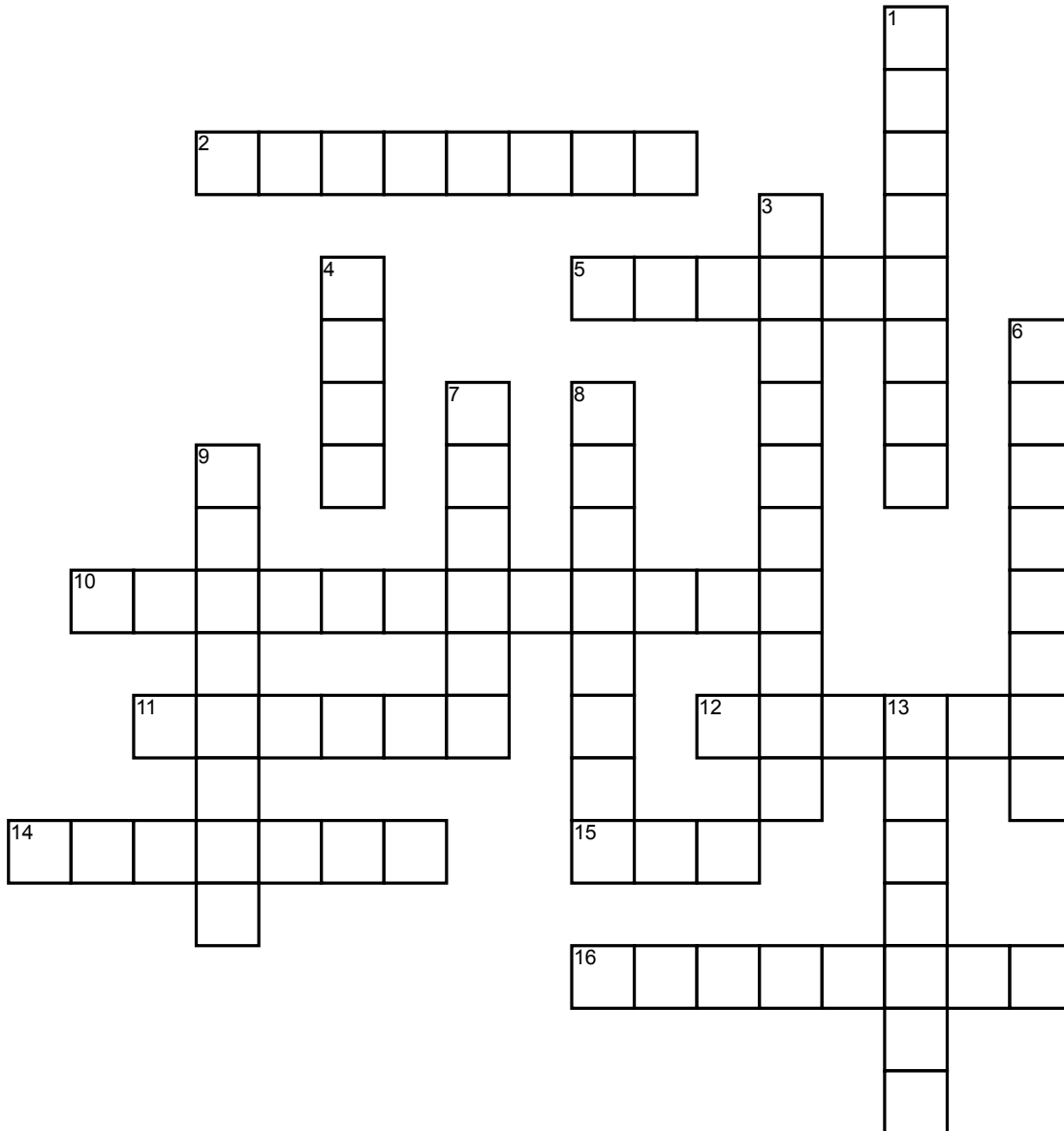


Vitamins and mineral



Across

2. _____ get rickets if not enough calcium

5. Needed for muscle contractions and nerve transmissions

10. Adults get _____ if not enough calcium

11. Vitamin E helps the _____ system

12. Helps us release energy from the food we eat

14. Too much salt damages your _____

15. Vitamin B9 helps form strands of _____

16. What do we have added to our drinking water?

Down

1. What vitamin is an antioxidant

3. Vitamin B2 is also known as _____

4. What is an animal food source of vitamin B1

6. Helps vision in dim light

7. Vitamin B9 is also known as _____

8. Comes from animal products

9. What is stored in the body for later use?

13. You get it from dairy foods