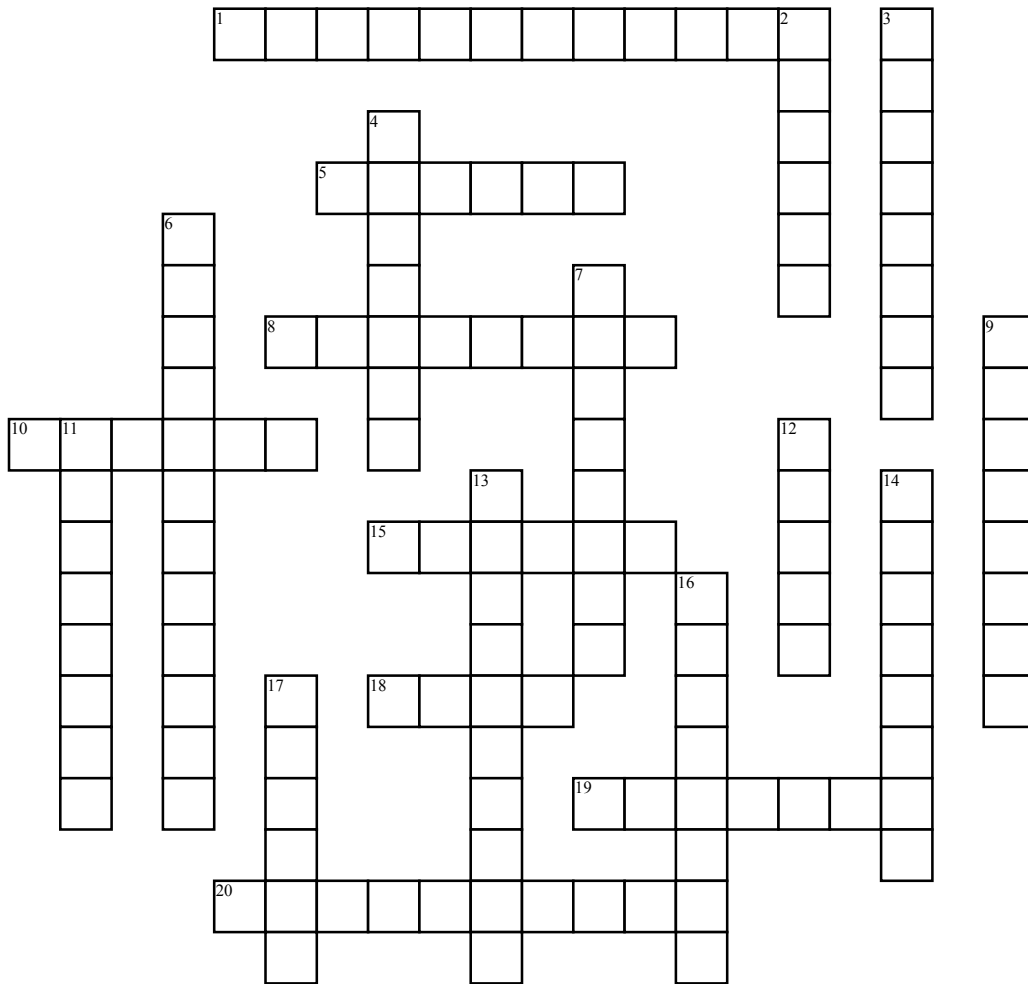


# Vitamins and minerals



**Across**

1. Vitamins are divided into two categories. (2)
5. Vitamin A is essential for normal \_\_\_\_\_.
8. Vitamins and minerals cannot be \_\_\_\_\_ by our bodies.
10. Adequate amounts of Vitamin C prevents this disease.
15. A fruit high in Vitamin C.
18. Vitamin K help the blood to \_\_\_\_\_
19. This is an essential nutrient.
20. Vitamin B2 is also known as \_\_\_\_\_.

**Down**

2. Vitamins and minerals do not provide \_\_\_\_\_ for the body.
3. When vitamins were first discovered, they were called by the letters of the \_\_\_\_\_.
4. A source for vitamin D. (two words)
6. The chemical name for Vitamin C.
7. A deficiency of niacin in the body could cause \_\_\_\_\_.
9. Vitamins and minerals must be \_\_\_\_\_ in our food.
11. A non protein compound that combines with an inactive enzyme to form an active enzyme system

12. Deficiency of Vitamin A can cause \_\_\_\_\_ blindness.
13. Vitamins are divided into two categories. (1)
14. This vitamin comes from the sun.
16. A yellow pigment found in carrots that can be converted into Vitamin A in the body.
17. This vitamin maintains the normal functions for the nervous system, skin, and digestive tract.

**Word Bank**

- |             |          |               |               |          |
|-------------|----------|---------------|---------------|----------|
| Riboflavin  | Energy   | Fish oil      | night         | Vitamin  |
| fat-soluble | Alphabet | Ascorbic Acid | Vision        | Orange   |
| Clot        | Pellagra | Vitamin D     | water-soluble | Coenzyme |
| Scurvy      | Ingested | Niacin        | Produced      | Carotene |