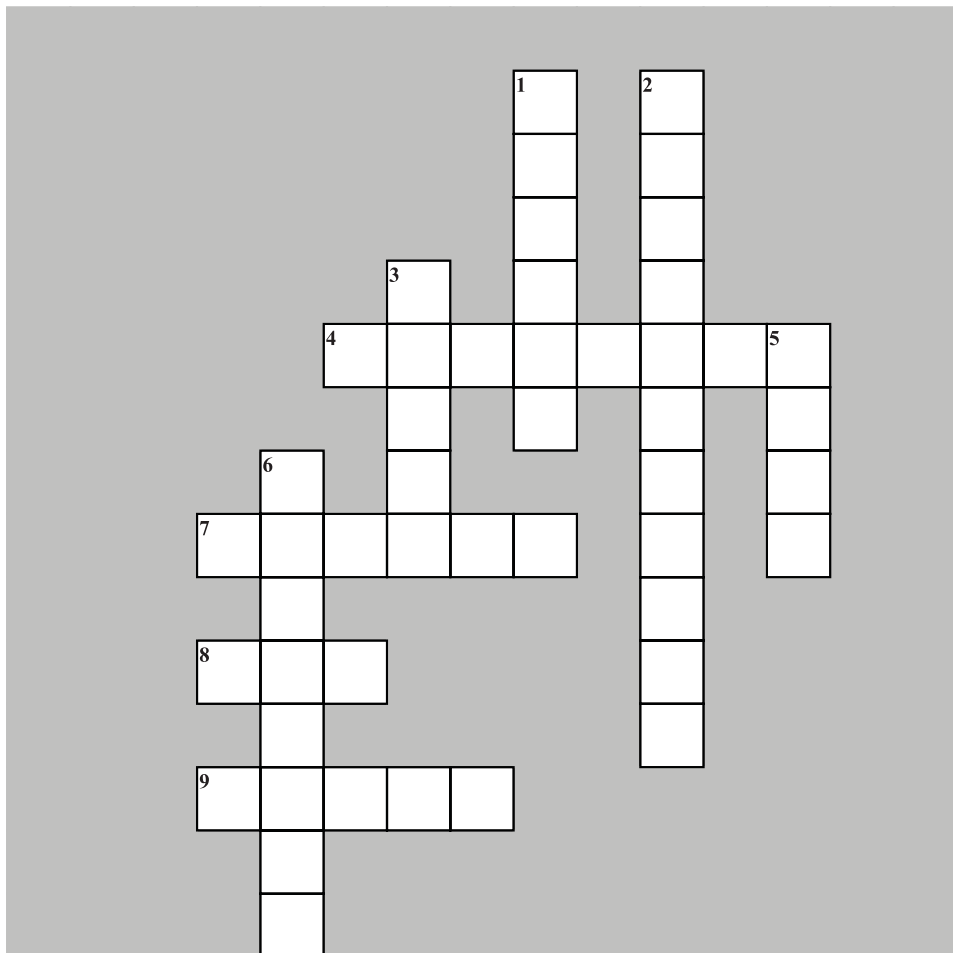


Use your Vitamin Dictionary to help you solve the puzzle.

# NUTRITION

## CROSSWORD PUZZLE: VITAMINS



### Across

- 4 Vitamin A can be made by the body from beta-\_\_\_\_\_.
- 7 Vitamin C can be found in \_\_\_\_\_ fruits.
- 8 A, D, E, and K are \_\_\_\_\_ - soluble vitamins that the body can store.
- 9 The B complex contains \_\_\_\_\_ different vitamins.

### Down

- 1 Vitamin A is important for maintaining healthy \_\_\_\_\_.
- 2 A good source of vitamin B (two words).
- 3 B and C are \_\_\_\_\_ - soluble vitamins that the body must replenish each day.
- 5 A good source of vitamin D.
- 6 Substances that contain carbon and come from living things.