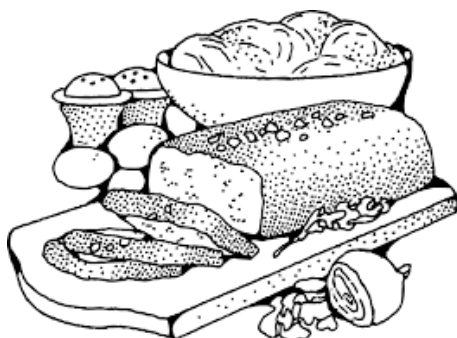
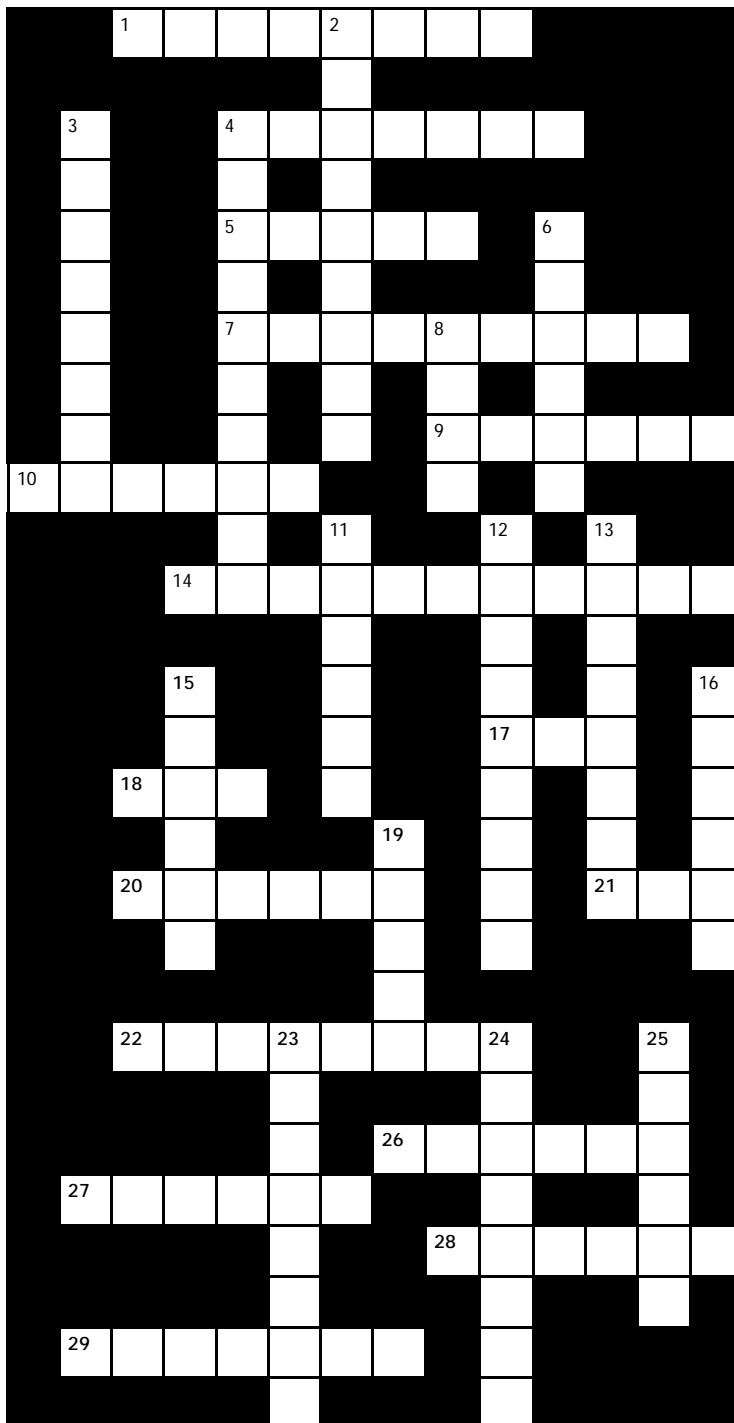
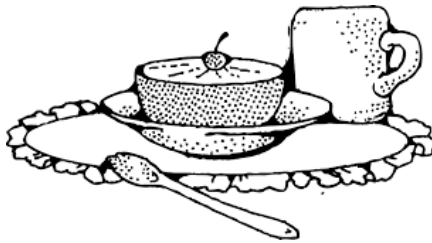


# Powerful Vitamins



## Across:

1. Scientific name for Vitamin B1
4. Bone disease caused by lack of Vitamin D
5. Vitamin K is needed for clotting of this
7. Describes a food with added vitamins
9. Colour of carotene
10. Deficiency disease of Vitamin C
14. Vitamins A, C, carotene and Vitamin E are all examples of this chemical
17. Vitamin E is \_\_\_\_\_ soluble
18. Part of the body affected by a shortage of Vitamin A
20. Eye part with a name like Vitamin A's scientific name
21. This food has most of its vitamins in the yolk
22. These babies are given Vitamin K to lower the risk of bleeding
26. This fruit, whether green or yellow, is a source of Vitamins C and B6
27. This B Vitamin is taken during pregnancy
28. Oranges and lemons belong to this group of fruits
29. Vitamin D helps the absorption of this mineral



## Down:

2. Smallest unit for measuring the amount of a vitamin in food
3. Acid name for Vitamin C
4. Scientific name for Vitamin B2
6. Only food type that has Vitamin B12 which makes it an issue for vegans
8. Vitamin C helps with absorption of this mineral
11. Scientific name for Vitamin B3
12. Excellent source of Vitamin C with a name similar to a NZ bird
13. This chemical found in carrots changes into Vitamin A in the body
15. The gas linked to oxidation and antioxidants
16. Released from carbohydrates, fats and proteins by B Vitamins
19. Vitamin C is \_\_\_\_\_ soluble
23. These produce most of the Vitamin K in our bodies
24. This is needed to make Vitamin D in the skin
25. A type of nut, rich in folate