



Activity # 13

What Does Your Body Need?

Word Search



Directions: See how many words you can find from the list below.

Word Bank			
Calcium	Heart	Muscle	Eye
Vitamin A	Blood	Bone	Fruits
Veggie	Iron	Germs	Skin
Protein	Bacteria		

A D W C A L I U M S K I N O Q T
 R T U V B N I O N E B G E R M S
 O B N D I M C X L Y L W A S J L
 L O W R E P K Q V E G G I E B L
 F N G L M U S C L E Y K Q R N A
 B E Y E U S A D V T U H W B D F
 C T S P K F I X B L O O D A Y R
 O L P R O T E I N L E T M C F U
 M J W A G E N Z D W N G V T J I
 C V I T A M I N A G R A C E W T
 W F R G U S Q T W U S Q K R U S
 Q C O J I S H E A R T Y E I A Z
 X D N M V H E R T G K B N A C S

Fat soluble vitamins

- Vitamin A**- Helps you see at night
- Vitamin D**- Helps make strong bones
- Vitamin E**- Protects your skin
- Vitamin K**- Helps stop bleeding

Water soluble vitamins

- Vitamin C**- Helps fight infections and keeps the cold away.
- Vitamin B Group**- Travels in your blood and does a variety of chores.





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Word Search Answer Key



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A	D	W	C	A	L	I	U	M	S	K	I	N	O	Q	T
R	T	U	V	B	N	I	O	N	E	B	G	E	R	M	S
O	B	N	D	I	M	C	X	L	Y	L	W	A	S	J	L
L	O	W	R	E	P	K	Q	V	E	G	G	I	E	B	L
F	N	G	L	M	U	S	C	L	E	Y	K	Q	R	N	A
B	E	Y	C	U	S	A	D	V	T	U	H	W	B	D	F
C	T	S	P	K	F	I	X	B	L	O	O	D	A	Y	R
O	L	P	R	O	T	E	I	N	L	E	T	M	C	F	U
M	J	W	A	G	E	N	Z	D	W	N	G	V	T	J	I
C	V	I	T	A	M	I	N	A	G	R	A	C	E	W	T
W	F	R	G	U	S	Q	T	W	U	S	Q	K	R	U	S
Q	C	O	J	I	S	H	E	A	R	T	Y	E	I	A	Z
X	D	N	M	V	H	E	R	T	G	K	B	N	A	C	S

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