



Activity # 13

What Does Your Body Need?

Word Search

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

Word Bank			
Calcium	Heart	Muscle	Eye
Vitamin A	Blood	Bone	Fruits
Veggie	Iron	Germ	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.





Activity # 14 Answer Key What Does Your Body Need?

nutrients and body parts word search

Directions: See how many words you can find from the list below. Match the nutrients to the body part that it helps the most.



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

Word Bank

Calcium	→	Muscle
Vitamin A	→	Bone
Protein	→	Eye

