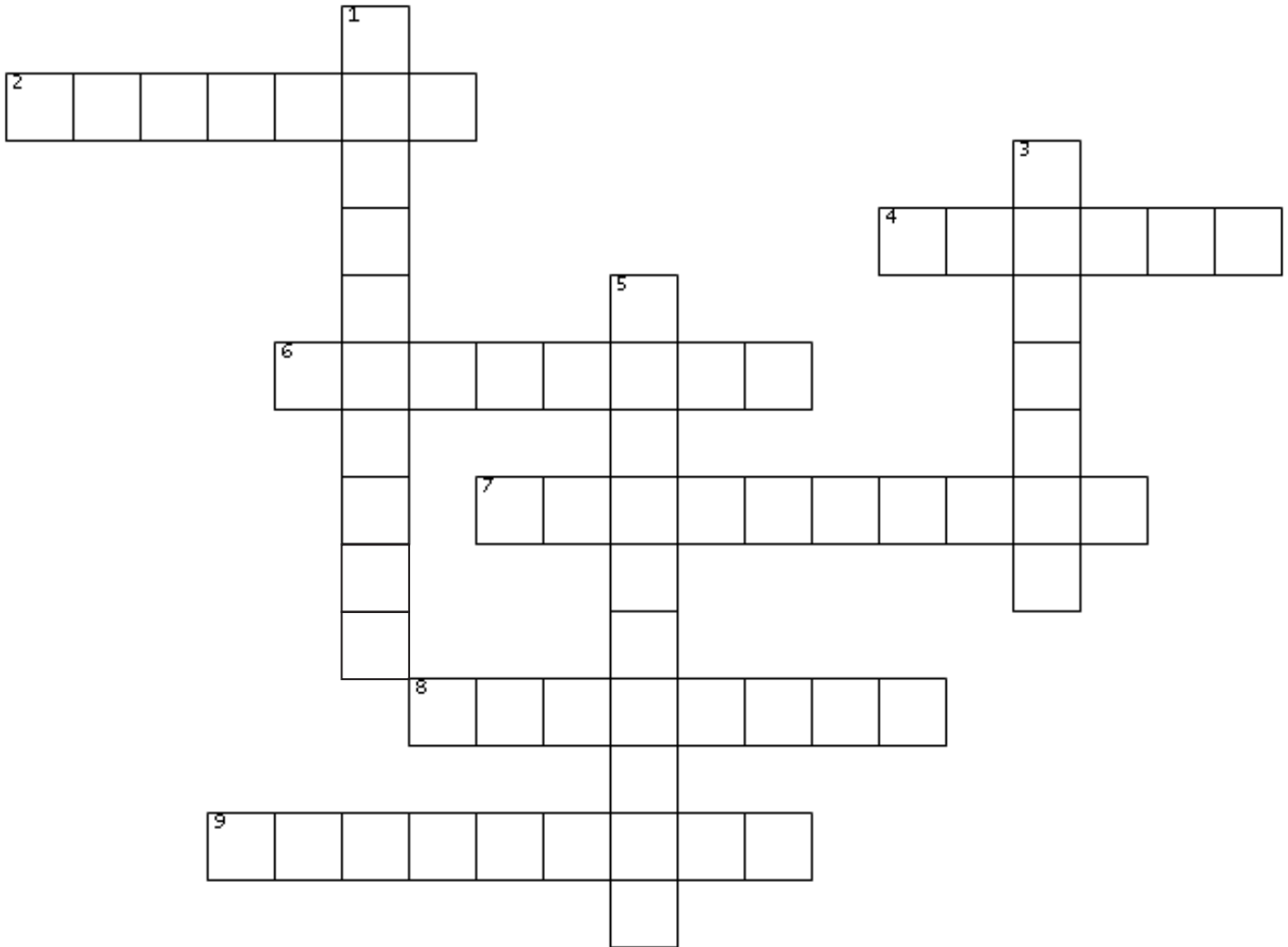


9 DAIRY NUTRIENTS CROSSWORD



Words can go across or down.
Letters are shared when the words intersect.



ACROSS

- 2. Helps preserve and build muscle
- 4. Helps body function normally
- 6. Helps eye health and vision
- 7. Helps Build bones and teeth
- 8. Helps promote bone growth
- 9. Helps heart pump blood

DOWN

- 1. Helps maintain brain function
- 3. Helps maintain strong bones
- 5. Helps convert food into fuel

Across: 2. Protein, 4. Niacin, 6. Vitamin A, 7. Phosphorus, 8. Vitamin D, 9. Potassium
Down: 1. Vitamin B12, 3. Calcium, 5. Riboflavin

9 DAIRY NUTRIENTS

VOCABULARY

Calcium: Helps maintain strong bones

Potassium: Helps heart pump blood

Phosphorus: Helps Build bones and teeth

Protein: Helps preserve and build muscle

Vitamin A: Helps eye health and vision

Vitamin D: Helps promote bone growth

Vitamin B12: Helps maintain brain function

Riboflavin: Helps convert food into fuel

Niacin: Helps body function normally

