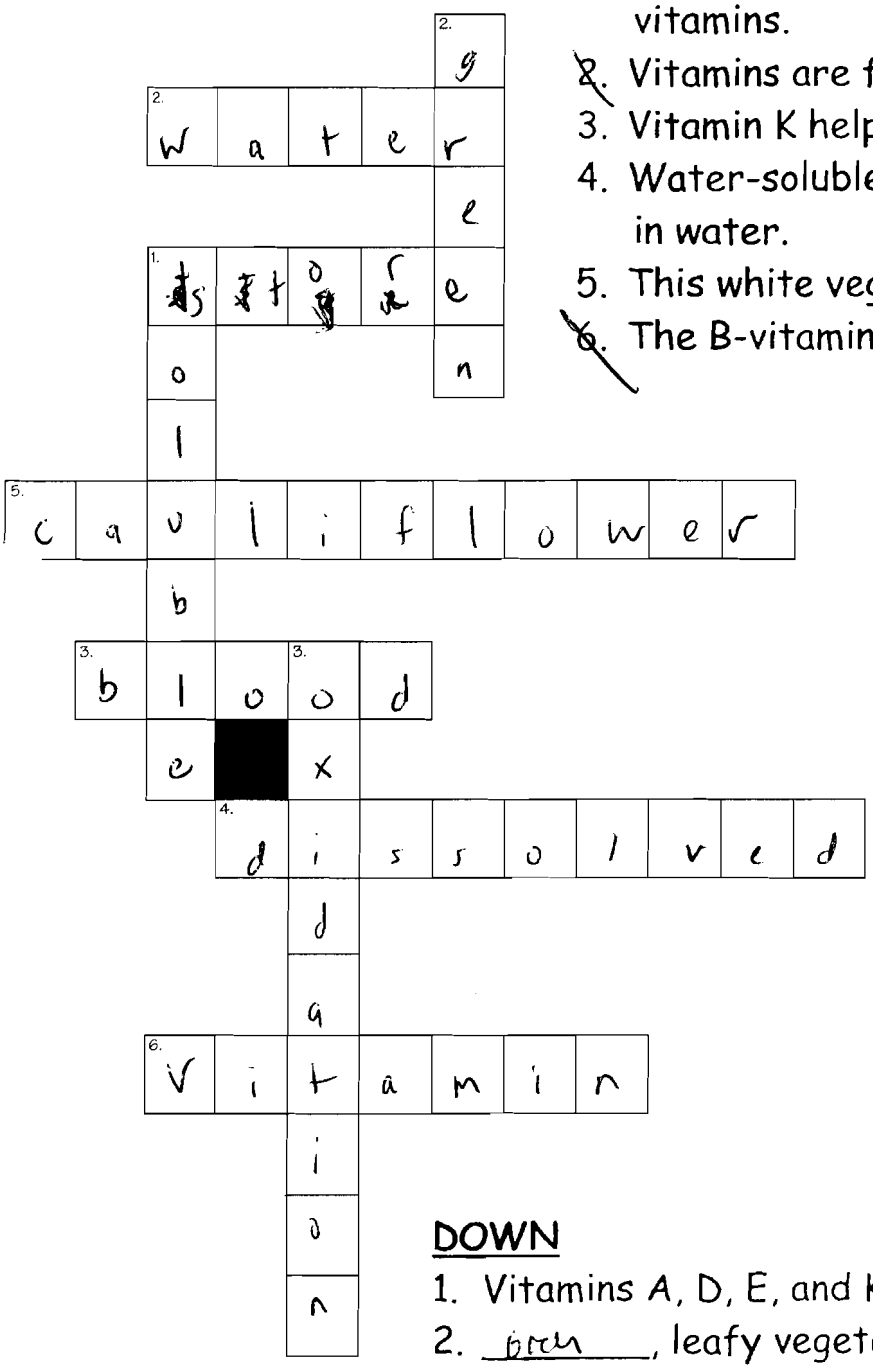
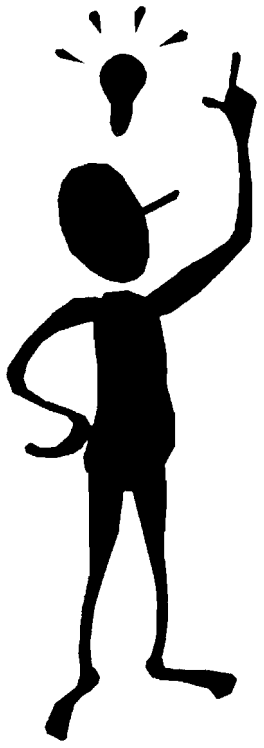
FAT-SOLUBLE AND WATER-SOLUBLE VITAMINS



ACROSS

1. The body doesn't store water-soluble vitamins.
2. Vitamins are fat or water soluble.
3. Vitamin K helps your blood clot.
4. Water-soluble vitamins can be dissolved in water.
5. This white vegetable is a good source of vitamin K.
6. The B-vitamins and vitamin C are water soluble.



DOWN

1. Vitamins A, D, E, and K are fat solvbl.
2. Broc, leafy vegetables are a good source of Vitamin E.
3. Vitamin E helps protect Vitamin A and carotene from