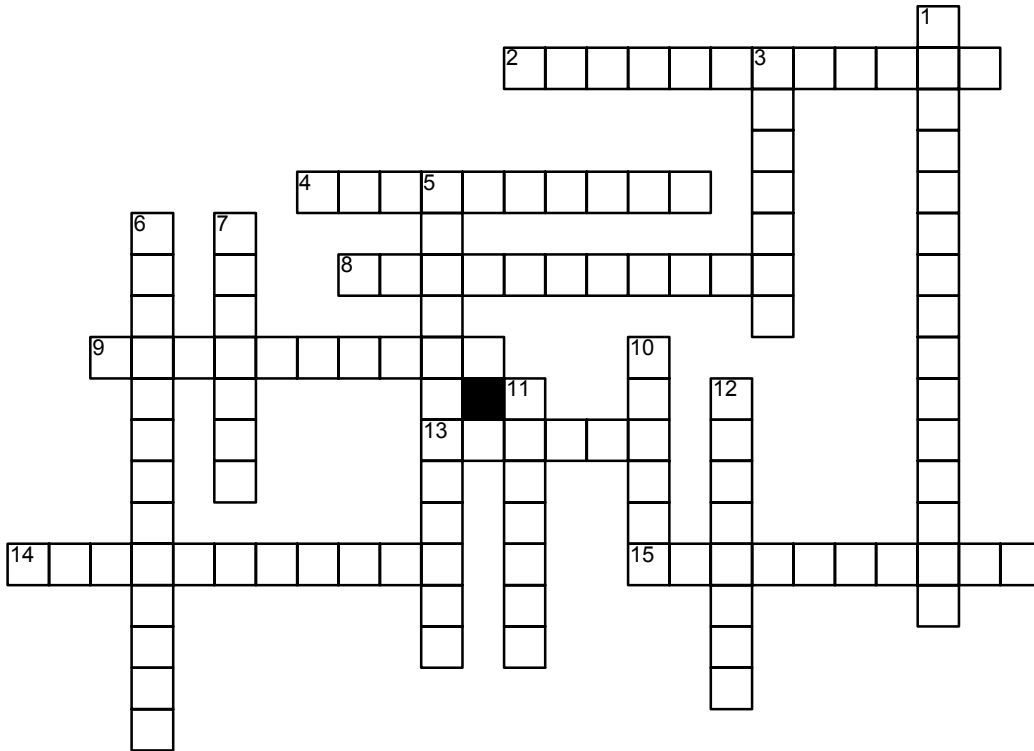


## Fat Soluble Vitamin Criss Cross #1

Complete the puzzle using the clues shown below.

This puzzle should help you learn the deficiency conditions and characteristics of some of the fat soluble vitamins



### Across

2. the precursor to vitamin A
4. severe blood loss
8. a function of vitamin E
9. a term used for several chemically related compounds; one of these is the active form of vitamin E
13. a symptom that may be seen due to vitamin E deficiency and cell membrane structure
14. capable of causing abnormal fetal development and birth defects
15. the tissue in which early symptoms of vitamin A are seen

### Down

1. the major function of vitamin K
3. the vitamin D deficiency disease
5. a bone disease characterized by softening of the bones; also known as 'adult rickets'
6. the name of the severe vitamin A deficiency condition seen in the eye
7. abnormal drying of the skin and mucous membranes seen in vitamin A deficiency
10. a color indicator that a food is a good source of the precursor to vitamin A
11. a function of vitamin A in the growth of bones
12. a natural source of vitamin D