Across
5. This mineral is important for proper functioning of thyroid gland
6. This is very important for the clotting of blood
7. A fat-soluble vitamin
10. Coffee and cocoa are ________ types of food
12. This is a complex carbohydrate that forms the cell wall of plants
14. Due to this deficiency disease people can't see at night properly
17. Other name of vitamin C
18. Cardamom and clove is this type of food
1. In African language this means “the sickness the old baby gets when the new baby comes”
2. This helps us in bowel movements
3. You may get this deficiency disease if you don’t take vitamin B1
4. This vitamin is also known as sunshine vitamin
8. This deformity is cause by lack of vitamin D, calcium and phosphorus
9. Lack of vitamin B12 causes ____________ anaemia
11. Milk, and other things like ghee, butter are also known as ________ products
13. Deficiency disease are mostly caused due to lack of ____________
15. Cow is an example of this type of animal
16. A disease that has a symptom of bleeding gum

21. A diet deficiency in carbohydrate as well as protein causes this deficiency disease
25. Vitamin and mineral are this type of food
26. This disease is caused by over eating
27. This substance helps us in transmission of messages in nervous system
29. This mineral is essential for synthesis of chlorophyll in plants
30. This word means ‘to twist’ caused by deficiency of a water-soluble vitamin

Down
19. A type of protein that regulates all the chemical reactions that goes on inside the body
20. This is very important for proper formation of bones and teeth
22. This is one of the water-soluble vitamins
23. Animals which eat both plant and flesh(plural)
24. Citrus fruits and strawberries have lots of this vitamin
28. Our diet consist of different chemical substances called ________