Vitamins and Minerals in the Body

As you move through the different stations in the classroom today, you will have the opportunity to learn about how vitamins and minerals help our bodies. You will also have the opportunity to try some of the foods in which these vitamins and minerals are found.

After you have gone through each of the stations, cut and paste the correct information in the missing areas on this worksheet.

| MACRO MINERALS | Essential For: | Sources: |
| --- | --- | --- |
| Calcium |  |  |
| Potassium |  |  |
| Sodium |  |  |
| MICRO MINERALS | Essential For: | Sources: |
| Iron |  |  |
| WATER-SOLUBLE VITAMINS | Essential For: | Sources: |
| Folate (Folacin/Folic Acid) |  |  |
| Vitamin C |  |  |
| FAT-SOLUBLE VITAMINS | Essential For: | Sources: |
| Vitamin A |  |  |
| Vitamin D |  |  |
| Vitamin E |  |  |
| Vitamin K |  |  |