



## Vitamin and Mineral Worksheet

### Directions

1. We can obtain all vitamins and minerals from supplements, but it is a much better option to obtain them from food sources.
2. Fill in chart.
3. Come up with 2 of your own vitamins/minerals and fill in their functions and food sources.
4. Fill in the sources of food that contain that vitamin or mineral.
5. Use the resources below to fill in the chart.

- <https://www.helpguide.org/harvard/vitamins-and-minerals.htm#:~:text=Vitamins%20and%20minerals%20are%20considered,energy%2C%20and%20repair%20cellular%20damage>
- [https://www.health.harvard.edu/staying-healthy/listing\\_of\\_vitamins](https://www.health.harvard.edu/staying-healthy/listing_of_vitamins)
- <https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

Vitamin/Mineral	Functions	Food Sources
Calcium		
Vitamin B12		
Iron		
Zinc		
Vitamin A		