



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://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

Vitamin/Mineral	Functions	Food Sources
Calcium	Helps to build strong bones and teeth. Helps muscles to move.	Milk, cheese, yogurt, kale, broccoli
Vitamin B12	Helps body's nerve and blood cells to be healthy. Helps to make DNA and genetic material in cells.	Foods from animals such as fish, meat, poultry and eggs
Iron	Helps with growth and development. Is crucial for making hemoglobin which carries oxygen in the blood.	Lean meats, seafood, beans and fortified cereals and breads
Zinc	Strengthens the immune system. Helps with blood clotting. Essential for taste and smell.	Seafood, poultry, red meat, beans, dairy products and nuts
Vitamin A	Important for vision and immune system. Also helps many organs function properly.	Meat, fish, dairy products and many fruits and vegetables