

# WORK SHEET 1 VITAMINS AND MINERALS

*Cut the lists of vitamins and minerals, their functions, and where you would find them into strips (along the dotted lines). Hand out a set to groups and see if they can match them up.*

<b>Vitamin A</b>	<b>Vitamin B</b>	<b>Vitamin C</b>
Helps maintain eyesight	Helps body make protein	Heals skin and prevents colds
Carrots	Green leafy vegetables	Oranges, lemons, blackcurrants
<b>Vitamin D</b>	<b>Vitamin E</b>	<b>Vitamin F</b>
Strengthen bones	Strengthen cells	Healthy blood
Milk, sunlight	Vegetables and oils	Green leafy vegetables
<b>Iron</b>	<b>Calcium</b>	<b>Magnesium</b>
Good for blood	Good for bones	Good for nervous system
Meat and baked beans	Milk and cheese	Wheat and barley