

Name: _____

Date: _____

Vitamins and Minerals

Understanding Vitamins and Minerals

Circle or cross the correct function of each vitamin and mineral.

1. Vitamin A

- a. Helps with blood clotting.
- b. Helps the immune system and keeps eyes healthy.
- c. Strengthens bones and teeth.

2. Calcium

- a. Helps with blood clotting.
- b. Helps the immune system and keeps eyes healthy.
- c. Strengthens bones and teeth.

3. Vitamin C

- a. Strengthens bones and teeth.
- b. Helps with energy production and nerve function.
- c. Helps skin heal and keeps it healthy.

4. Vitamin D

- a. Strengthens bones and teeth.
- b. Helps with energy production and nerve function.
- c. Helps skin heal and keeps it healthy.

5. Iron

- a. Strengthens bones and teeth.
- b. Helps with energy production and nerve function.
- c. Helps skin heal and keeps it healthy.

6. Vitamin K

- a. Helps with blood clotting.
- b. Helps the immune system and keeps eyes healthy.
- c. Strengthens bones and teeth.

List three foods that are good sources of the following vitamins and minerals:

1. **Vitamin A** : _____

2. **Calcium** : _____

3. **Iron** : _____

4. **Vitamin C** : _____

5. **Vitamin D** : _____