

ACTIVITY 1D: STUDENT WORKSHEET

NUTRIENT TABLE

VITAMIN / MINERAL	HOW THE BODY USES IT	WHERE IT CAN BE FOUND
vitamin A — retinol		
vitamin B ₁ — thiamine		
vitamin B ₂ — riboflavin		
vitamin B ₃ — pyridoxene		
vitamin B ₁₂ — cobalamine		
folic acid		
vitamin C — ascorbic acid		
vitamin D		
vitamin E		
vitamin K calcium		
potassium		
sodium		
iron		
zinc		

UNIT 7