

### **Vitamins and minerals.**

Match the correct mineral to the reason it is needed by your body. Draw a line from the mineral to the correct reason that it is needed.

Calcium	for healthy blood
Iron	to ensure efficient body chemistry
Phosphorous	for healthy bones and teeth
Iodine	for healthy bones and teeth

Match the correct vitamin to the reason it is needed by your body. Draw a line from the vitamin to the correct reason that it is needed.

Vitamin A	This keeps the repair system of the body working properly
Vitamin B	This enables bones and teeth to absorb the minerals they need
Vitamin C	For healthy muscles
Vitamin D	For a healthy respiratory system and good night vision

Match the correct vitamin to the appropriate deficiency disease. Draw a line from the vitamin to the correct deficiency disease.

Vitamin A	Ricketts - bones become soft and deformed because minerals are not absorbed.
Vitamin B	Night blindness and infections of the respiratory system
Vitamin C	Beri-Beri - a disease leading to weak muscles and finally paralysis.
Vitamin D	Scurvy - the repair system of the body breaks down leading to pains in the joints and bleeding, especially of the gums.