

**ACTIVITY 1D: STUDENT WORKSHEET**

**NUTRIENT TABLE**

| VITAMIN / MINERAL                   | HOW THE BODY USES IT | WHERE IT CAN BE FOUND |
|-------------------------------------|----------------------|-----------------------|
| vitamin A — retinol                 |                      |                       |
| vitamin B <sub>1</sub> — thiamine   |                      |                       |
| vitamin B <sub>2</sub> — riboflavin |                      |                       |
| vitamin B <sub>3</sub> — pyridoxene |                      |                       |
| vitamin B <sub>6</sub> — cobalamine |                      |                       |
| folic acid                          |                      |                       |
| vitamin C — ascorbic acid           |                      |                       |
| vitamin D                           |                      |                       |
| vitamin E                           |                      |                       |
| vitamin K                           |                      |                       |
| calcium                             |                      |                       |
| potassium                           |                      |                       |
| sodium                              |                      |                       |
| iron                                |                      |                       |
| zinc                                |                      |                       |

UNIT 7