

Vitamins and Minerals

Directions: Complete the table by filling in the sources of the vitamins and minerals found in the foods discussed in the worksheet "What parts of the plant do we eat?"

Vitamins: Essential for growth and maintenance of normal body functions. Some vitamins are also antioxidants.

Vitamin	Function	Sources
Vitamin C	Growth, wound healing, healthy bones and teeth.	
Vitamin A	Growth, good eye sight, healthy skin.	
Vitamin B6	Assists in the immune system, growth of new cells, metabolism, controlling mood and behavior.	

Minerals: Essential for the regulation of body processes.

Macro minerals: Minerals found in large amounts in the body. Macro minerals include calcium, phosphorus, magnesium, sodium, potassium, and chloride.

Micro minerals: Minerals found in small amounts in the body. Also called trace minerals. Micro minerals include iron, iodine, zinc, and fluorine.

Mineral	Function	Sources
Potassium	Traces necessary for proper body cell development, growth, and activity.	
Thiamin	Breaks down carbohydrates, cell respiration, appetite and digestion, maintenance of a healthy nervous system.	
Folic Acid (Folate)	Production of red blood cells and assists in the production of energy.	
Magnesium	Traces necessary for proper body cell development, growth, and activity.	
Iron	Proper functioning of red blood cells, formation of vitamin A.	
Zinc	Traces necessary for proper body cell development, growth, and activity.	
Phosphorus	Bone and tooth development, normal cell activities.	