

1. What is the difference between vitamins and minerals? Do some research and write your findings.

Vitamins	Works for	Found in these kinds of food
Vitamin A	Eyes, immune system, skin	Milk, eggs, orange and green vegetables
Vitamin C	Bones, blood vessels, teeth, gums, healing, brain	Berries, bell peppers, oranges, spinach, tomatoes
Vitamin D	Bones	Sunlight, milk, fish oil, eggs
Vitamin E	Blood, cells	Nuts, green leafy vegetables, whole grains
Vitamin B12	Red blood cells, nerves	Fish, milk, cheese, red meat, chicken
Vitamin B6	Brain, nerves, proteins	Bananas, nuts, red meat, chicken, fish, eggs, beans

2. Do some research and complete the chart for minerals.

Minerals	Works for	Found in these kinds of food
Calcium		
Iron		
Magnesium		
Phosphorus		
Potassium		
Zinc		