Citz 11 **Vitamin and Minerals Worksheet** Name: \_\_\_\_\_\_\_\_\_

1. What are the symptoms of scurvy?
2. What vitamin is needed to prevent scurvy? What foods are high in this vitamin?
3. Why were the British sometimes called limey’s?
4. What do you think? Is it better to take a vitamin C in a gummy vitamin or to eat an orange to get vitamin C? Justify your answer.
5. What mineral is needed for strong teeth and bones? Name three foods that are high in this mineral.
6. Why is vitamin D added to dairy products?
7. What mineral is necessary for nerve transmission? Name three foods that are high in this mineral.
8. Circle where in the body is iron found? In your
9. blood
10. bones
11. muscles?
12. True or False: Eating foods high in vitamin C help to increase the absorption of iron.
13. Other than meat, name two other foods that contain iron.

**Vitamin Assignment:**

Select a vitamin or mineral from the list below and create an info graphic informing your peers of the importance of vitamins and minerals. Areas to cover are:

* Why we need it/what it does.
* What natural food sources we can get this vitamin/mineral from
* What conditions and symptoms would we see if we didn’t get enough
* What can have if we have too much of this vitamin/mineral
* Include a title and images
* **Vitamin A**
* **Vitamin B1, B2, B9**
* **Vitamin C**
* **Vitamin D**
* **Vitamin E**
* **Vitamin K**
* **Calcium**
* **Iron**
* **Magnesium**
* **Zinc**