

Vitamins and Minerals – How They Work

Objective of Activity

To have students become familiar with the functions and sources of vitamins and minerals.

Teacher Background Information

- Vitamins and Minerals
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-vitamins-and-minerals.pdf>

Material Required

- “Functions and Sources of Key Nutrients” handout
- “Vitamins and Minerals and How they Work” activity sheet

Instructions

1. Provide the students with “Functions and Sources of Key Nutrients” handout.
2. Discuss with students the function and sources of vitamins and minerals. (See Background Information for Teachers: Vitamins and Minerals).
3. Have students complete the “Vitamins and Minerals and How they Work” activity sheet.

Activity Sheet Answers:

<u> 4 </u> Vitamin C	<u> 1 </u> Calcium	<u> 5 </u> Vitamin D
<u> 3 </u> Vitamin A	<u> 6 </u> B Vitamins	<u> 2 </u> Iron

Vitamin and Minerals – How They Work | 2

Functions and Sources of Key Nutrients		
Nutrient	Main Function(s)	Examples of Food Sources
Protein	<ul style="list-style-type: none"> builds and repairs body tissues 	<ul style="list-style-type: none"> meat, fish, poultry, eggs, cheese, milk, legumes, nuts, seeds
Carbohydrate	<ul style="list-style-type: none"> supplies energy helps the body function normally 	<ul style="list-style-type: none"> bread, cereals, pasta, rice, potatoes, fruit
Fat	<ul style="list-style-type: none"> supplies energy helps our body absorb some vitamins 	<ul style="list-style-type: none"> margarine, oils, salad dressing, nuts, cheese, meats
B vitamins: - vitamin B1 - vitamin B2 - vitamin B3	<ul style="list-style-type: none"> release energy from carbohydrates aids in normal growth and appetite maintains nervous and digestive system 	<ul style="list-style-type: none"> meats, pork, beef, poultry, eggs, legumes, whole grain breads and cereals, nuts, seeds, milk
Vitamin B12	<ul style="list-style-type: none"> aids red blood cell formation maintains nervous and digestive system 	<ul style="list-style-type: none"> meat, beef, pork, fish, shellfish, milk, eggs
Folate	<ul style="list-style-type: none"> aids red blood cell formation 	<ul style="list-style-type: none"> meats, nuts, legumes, eggs, green leafy vegetables, oranges, bananas, mushrooms, cereals enriched with folate
Vitamin C	<ul style="list-style-type: none"> maintains healthy teeth and gums decreases chance of infections 	<ul style="list-style-type: none"> citrus fruits, broccoli, cauliflower, green pepper, strawberries, potatoes, fortified juices
Vitamin A	<ul style="list-style-type: none"> aids normal bone and tooth development helps eyes see at night maintains skin health 	<ul style="list-style-type: none"> meats, egg yolk, dark green leafy vegetables, orange and yellow vegetables, apricots, peaches, tomatoes, milk, cheese
Vitamin D	<ul style="list-style-type: none"> helps calcium keep bones and teeth healthy 	<ul style="list-style-type: none"> milk and margarine fortified with vitamin D, meats, salmon, tuna, eggs
Calcium	<ul style="list-style-type: none"> helps to form and maintain strong bones and teeth promotes healthy nerve function and normal blood clotting 	<ul style="list-style-type: none"> milk, cheese, yogurt, sardines, canned salmon with bones, mackerel, oysters, soybeans, tofu, nuts, seeds
Iron	<ul style="list-style-type: none"> helps carry oxygen in blood 	<ul style="list-style-type: none"> red meats, enriched breads and cereals, legumes, dried fruits, leafy green vegetables

Vitamin and Minerals – How They Work | 3

Vitamins and Minerals and How They Work

Name: _____

Match the list of nutrients to the correct statement.

Nutrients		
Vitamin C	Calcium	Vitamin D
Vitamin A	B Vitamins	Iron

1. This mineral works with vitamin D to build bones and teeth and keep them healthy. Milk, yogurt and cheese contain this mineral.
2. This mineral is found in foods such as: red meats, legumes and leafy green vegetables. It helps carry oxygen around in your blood.
3. Carrots are good sources of this vitamin. It helps to keep your skin healthy and helps you see at night.
4. This vitamin is found in orange fruit, dark green and orange vegetables. It helps decrease your chance of getting sick and helps your body to use iron.
5. Your body makes this vitamin when sun shines on your skin. It is found in milk and works with calcium to keep your teeth and bones strong.
6. These vitamins help you use the energy from the foods you eat.

These materials are intended for general information only and are provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. Alberta Health Services is not liable in any way for actions based on the use of this information. Licensed under the Creative Commons Attribution-Non-Commercial-No Derivatives 4.0 International License.

Contact NutritionResources@ahs.ca © Alberta Health Services (Feb 2019)

