

Name: _____

Group: _____

Class Period: _____

VITAMINS & MINERALS NOTES

1. WHAT IS THE MAIN FUNCTION OF VITAMINS AND MINERALS?
2. WHAT FOODS ARE MANY OF THE VITAMINS AND MINERALS WE NEED FOUND IN?
3. BECAUSE DIFFERENT FRUITS AND VEGETABLES HAVE DIFFERENT VITAMINS AND MINERALS, HOW CAN WE ENSURE THAT WE GET ALL THE DIFFERENT VITAMINS AND MINERALS THAT WE NEED?
4. WHICH VEGETABLES HAVE THE MOST VITAMINS AND MINERALS?
5. HOW MANY CALORIES ARE IN WATER, VITAMINS AND MINERALS?

VOCABULARY

DEFICIENCY:	MACRO:
TOXICITY:	TRACE:
WATER-SOLUBLE:	ELECTROLYTE:
FAT-SOLUBLE:	RDA:

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	FUNCTION	RDA	FOOD SOURCE	DEFICIENCY	TOXICITY
VITAMINS					
W A T E R - S O L U B L E	C (ASCORBIC ACID)				
	B9 (FOLATE)				
F A T - S O L U B L E	K				
	A				
	D				
	E				

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MINERALS

M A C R O	CALCIUM					
T R A C E	IRON					
E L E C T R O L Y T E S	SODIUM					
	POTASSIUM					

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VITAMIN POSTER ASSIGNMENT

Instructions:

As a group, you will create a poster based on your assigned vitamin. You will be responsible to research the information and present it to the class to teach them about that vitamin.

Requirements:

Your poster must contain the following:

- Title
- Functions
 - ◆ What does this vitamin do?
 - ◆ What processes in the body does it help with?
- RDA
 - ◆ How much do you need each day?
- Deficiencies
 - ◆ What if you don't get enough?
- Toxicity (excess)
 - ◆ What happens if you get too much?
- Sources
 - ◆ Where can you get this vitamin? What foods contain large amounts of this vitamin?

Grading:

They will be graded on the following:

- Contains information about the vitamin, functions, RDA, deficiencies, excesses and sources (30 points)
- Class presentation (10 points)
- Quality work, easy to read and understand (10 points)