



Take Home # 13

What Does my Body Need?

Directions: Answer the questions below by choosing the answers from the vitamins & minerals word bank. You may use the words from the word bank more than once.

Vitamin & Mineral Word Bank

Vitamin A

Iron

Vitamin B₁₂

Calcium

Vegetables

Dairy Products

Water

Vitamin D

Vitamin C



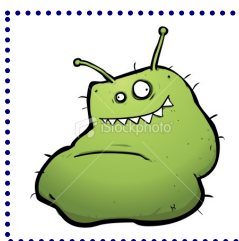
1. Which nutrients make bones and teeth strong? Which food group provides a rich source of these vitamins and minerals?



2. Which nutrients are needed to keep the blood healthy and flowing through out the body?



3. Which nutrient helps improve your eye sight at night? Which food group provides a rich source of this vitamin?



4. Which nutrients help fight bad bacteria in your body and prevent you from getting sick?



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Vitamin B₁₂

Calcium

Vegetables

Dairy

Water

Vitamin D

Vitamin C



1. Which nutrients make bones and teeth strong? Which food group provides a rich source of these vitamins and minerals?

- Calcium and vitamin D make your bones and teeth strong.
- The dairy food group provides the best source of calcium and vitamin D



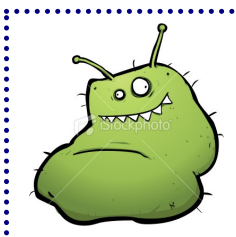
2. Which nutrients are needed to keep the blood healthy and flowing through out the body?

- Iron, vitamin B₁₂, and water keep the blood healthy and flowing through out the body.



3. Which nutrient helps improve your eye sight at night? Which food group provides a rich source of this vitamin?

- Vitamin A helps improve your eye sight at night.
- The vegetable food group provides a rich source of vitamin A



4. Which nutrients help fight bad bacteria in your body and prevent you from getting sick?

- Vitamin C helps fight the bad bacteria and water assists in keeping you healthy.