



Take Home # 13

What Does my Body Need?

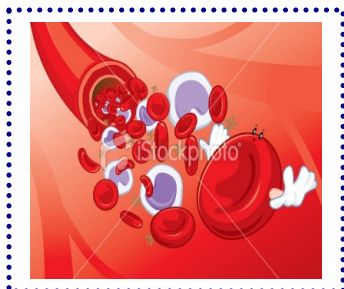
Directions: Answer the questions below by choosing which vitamins or/and minerals are associated with the images.

Vitamin & Mineral Word Bank

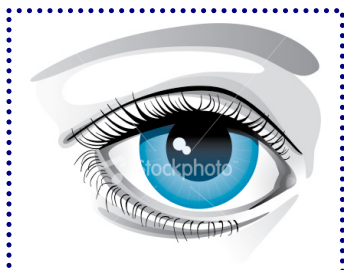
Vitamin A	Calcium
Iron	Vitamin D
Vitamin B ₁₂	Vitamin C



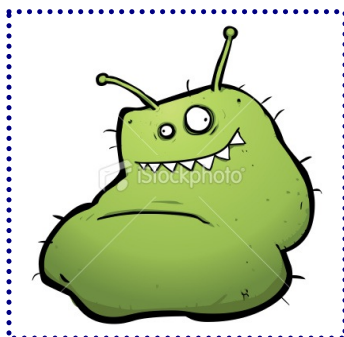
1. Which nutrients make bones and teeth strong?



2. Which nutrients are needed by the blood to stay healthy?



3. Which nutrient helps your eyes see at night?



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