Vitamin and Mineral Worksheet

Name_____________________

1. This is a component of Vitamin A and is an anti-oxidant________________________

2. List 5 vitamins that can be obtained from green, leafy vegetables?

3. Other than #1, list two vitamins that are anti-oxidants?__________ and___________

4. What vitamin aids in the absorption of calcium and phosphorus__________________

5. This mineral is a part of thyroid hormones and regulates growth and development __________________

6. What mineral is important in the prevention of osteoporosis?_____________________

7. What minerals can be found in nuts?

8. This mineral is an essential part of more than 100 enzyme and is involved in digestion?_____________________

9. What vitamin promotes healthy cell development?_______________

10. What vitamin prevents neural tube birth defects?___________________________

11. Which vitamin is important in blood clotting?_______________Where do you get it?

12. Which vitamin can lower cholesterol in higher doses?_____________________

13. Which mineral is necessary for red blood cell formation?_____________________

14. Which foods are the best to obtain the highest amounts of minerals?

15. Which foods are the best to obtain the highest amounts of vitamins?