

VITAMINS AND MINERALS

VITAMIN OR MINERAL	MAGNESIUM	VITAMIN C	VITAMIN B ₁ (thiamine)	VITAMIN A	IRON	CALCIUM	VITAMIN B ₃ (niacin)	VITAMIN D
								
FUNCTION	needed for bone found inside cells 	glues cells living surfaces (e.g. mouth) stick together 	helps with respiration 	needed to make a chemical in the retina 	needed to make haemoglobin in red blood cells 	making teeth and bones 	helps with respiration 	helps bones absorb calcium and phosphate 
DEFICIENCY SYMPTOMS	FATIGUE MUSCLE CRAMPS	SCURVY	BERI-BERI	NIGHT BLINDNESS	ANAEMIA	RICKETS	PELLAGRA	RICKETS
EXAMPLES OF FOOD SOURCES	green vegetables 	fresh fruit, vegetables 	yeast extract, cereals 	fish liver oils, liver, carrots, mango, apricot 	red meat, liver, lentils, beans, raisins, wholemeal flour 	dairy products, leafy greens, vegetables 	liver, meat, fish 	fish liver oils, also made in skin in sunlight 



Vitamins And Minerals Teaching Resources

DJ Losen



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