

# Nutrition module

## ACTIVITY: NAME THE VITAMIN OR MINERAL

Vitamins and minerals have many important functions critical for life. They're also found in varying amounts in all foods that you eat. For each sentence below, fill in the blank(s) with the vitamin or mineral that best fits the description.

### What Am I?

1. I'm a mineral that's most famous for building strong bones and teeth. I also help blood to clot, muscles to contract, and nerves to function properly.

What am I? \_\_\_\_\_

2. We're three vitamins that function as antioxidants, protecting against cell damage that may lead to chronic disease.

What are we? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. I'm a mineral that helps make hemoglobin, the substance that carries oxygen to your cells.

What am I? \_\_\_\_\_

4. I help build strong cells and blood vessels, and heal wounds. If you eat foods rich in this vitamin, it will help you absorb iron in plant foods, like grains, legumes, and dark leafy greens.

What am I? \_\_\_\_\_

5. I'm the sunshine vitamin. I also help the body absorb calcium and phosphorus.

What am I? \_\_\_\_\_

6. I'm a vitamin that helps prevent a certain type of anemia and birth defect.

What am I? \_\_\_\_\_

7. We're a group of water soluble vitamins that helps produce energy in cells, helps metabolize carbohydrate, protein, and fat from food, and/or helps make red blood cells.

What are we? \_\_\_\_\_

8. I'm a vitamin found in oils, salad dressings, wheat germ, and nuts.

What am I? \_\_\_\_\_

9. I'm a vitamin found naturally only in animal foods, like meat, fish, poultry, and milk.

What am I? \_\_\_\_\_

10. I'm a vitamin found in leafy greens and yellow-orange fruits and vegetables, like spinach, kale, apricots, carrots, and sweet potatoes.

What am I? \_\_\_\_\_

Answer Key:  
1. calcium 2. vitamins A (specifically carotenoids), C, E 3. iron 4. vitamin C 5. vitamin D 6. folate  
7. B complex vitamins 8. vitamin E 9. vitamin B<sub>12</sub> 10. vitamin A (specifically carotenoids)