



Nutrients



Choosing foods that contain nutrients and in the right proportions is important to maintaining good health and preventing diseases.

Special Nutrients (Micronutrients)

Minerals such as vitamins, minerals and water are classified as micronutrients nutrients because they are needed in small amounts in the body.

Vitamins are nutrients that help the body do certain jobs.

- ✚ **Vitamin A** prevents infection, keeps the eyes moist and the hair and skin shiny
- ✚ **Vitamin C** prevents infection, keeps the skin healthy and heals wounds. It also helps the body absorb iron.
- ✚ **Vitamin D** keeps bones and teeth strong. This vitamin is also produced by the sun.
- ✚ **Vitamin E** slows down cell damage
- ✚ **Vitamin K** controls blood clotting

Read the information above to answer the following questions.



1. What are vitamins? (1)

2. Name three micronutrients. (3)



3. Why are micronutrients called micronutrients? (1)

Tell which type of vitamin is needed for each job. (5)

4. For strong teeth and bones. _____
5. To control blood clotting _____
6. For shiny hair and skin _____
7. To help heal wounds _____
8. To slow down cell damage _____

