

Biology Nutrients



Complete the table below.

Nutrient	Food sources	Main functions	Deficiency Disease
Micronutrients - vitamins			
Vitamin A		-Needed for healthy eyes, skin and resistance to diseases -Support nerve function, gives energy and makes blood -Needed for the absorption of calcium to keep bones and teeth healthy -Needed skin, cartilage, bones and. healing cuts and wounds	
Vitamin D		-Needed for healthy eyes, skin and resistance to diseases -Support nerve function, gives energy and makes blood -Needed for the absorption of calcium to keep bones and teeth healthy -Needed for skin, cartilage, bones and. healing cuts and wounds.	

The B Vitamins		-Needed for healthy eyes, skin and resistance to diseases -Support nerve function, gives energy and makes blood -Needed for the absorption of calcium to keep bones and teeth healthy -Needed for skin, cartilage, bones and healing cuts and wounds.	
Vitamin C		-Needed for healthy eyes, skin and resistance to diseases -Support nerve function, gives energy and makes blood -Needed for the absorption of calcium to keep bones and teeth healthy -Needed for skin, cartilage, bones and healing cuts and wounds.	
Micronutrients - minerals			
Calcium		-Needed in the to make thyroid hormones -Essential for the formation of haemoglobin in red blood cells	

		-Essential for a number of important functions such as the maintenance of bones and teeth	
Iron		-Needed in the to make thyroid hormones -Essential for the formation of haemoglobin in red blood cells -Essential for a number of important functions such as the maintenance of bones and teeth	
Iodine		-Needed in the to make thyroid hormones -Essential for the formation of haemoglobin in red blood cells -Essential for a number of important functions such as the maintenance of bones and teeth	