



Activity 9

Fill in the blanks

Fill in the blanks using the following words about micronutrients.

dairy	minerals	small	bodies
range	calcium	Vitamins	vitamin A

Micronutrients are very important even though the body needs them in amounts. and are micronutrients. Some examples of vitamins are vitamin C, vitamin E, and Examples of minerals are iron, and magnesium. You can find calcium in the milk and food group. We need to eat a wide of foods in order to make sure we have enough vitamins and minerals in our