

Biology Nutrients

Complete the table below.

Nutrient	Food sources	Main functions	Deficiency Disease
Micronutrients - vitamins			
Vitamin A		<ul style="list-style-type: none"> -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		<ul style="list-style-type: none"> -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		<ul style="list-style-type: none"> -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		<ul style="list-style-type: none"> -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		<ul style="list-style-type: none"> -Needed in the to make thyroid hormones -Essential for the formation of haemoglobin in red blood cells 	

		<ul style="list-style-type: none"> -Essential for a number of important functions such as the maintenance of bones and teeth 	
Iron		<ul style="list-style-type: none"> -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		<ul style="list-style-type: none"> -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 	