

Name: _____ Date: _____

Health and Family Life

Keeping Our Body Healthy

1. What is the difference between vitamins and minerals?

2. Explain how the body uses micronutrients.

3. Match the column on the right with the column on the left.

Micronutrients

Definitions

- | | |
|----------------|--|
| 1. Vitamin A * | * Builds strong bones and teeth, helps muscles and nerves work and help blood clot. |
| 2. Vitamin D * | * Protects body against infection and assists cells in using energy |
| 3. Calcium * | * Prevents infection, keeps the skin healthy and heals wounds. It also helps the body absorb iron. |
| 4. Zinc * | * Keeps bones and teeth strong. This vitamin is also produced by the sun. |
| 5. Iron * | * Controls blood clotting. |
| 6. Vitamin C * | * (Salt) is needed by the body in very small amount. |
| 7. Sodium * | * Helps the body grow, heals wounds and maintains the senses of smell and taste. |
| 8. Vitamin K * | * Prevents infection, keeps the eyes moist and the hair and skin shiny. |