



Name: _____

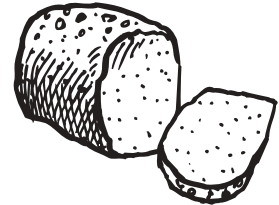
Class: _____

Malnutrition



Malnutrition and poor growth in children are caused by a deficiency of protein and carbohydrates as well as an inadequate intake of vital minerals such as zinc and iron and vitamins such as vitamin A. Vitamins are necessary for growth, vitality and general wellbeing, and minerals are vital to mental and physical wellbeing.

Our bodies are able to make a few vitamins but cannot make minerals, therefore we need to obtain them through our diet.



Research the role and identify the food sources of each vitamin and mineral listed below.

Vitamin/Mineral	Role	Food Sources
Calcium (Ca)		
Iron (Fe)		
Sodium (Na)		
Zinc (Zn)		
Iodine (I)		
Vitamin A		
Vitamin B12		
Vitamin C		
Vitamin D		