

Fillable Worksheet: Vitamins & Minerals

1. Complete the Table

Nutrient	Primary Function	Food Sources	Fat or Water Soluble?
Vitamin A	_____	_____	_____
Vitamin C	_____	_____	_____
Calcium	_____	_____	N/A
Iron	_____	_____	N/A

2. Analyze the Diet

Sara eats: pasta with tomato sauce, eggs, apples, and bread.

a) List **two vitamins or minerals she might be missing**:

1. _____
2. _____

b) Suggest **two foods to add** to improve vitamin and mineral intake:

1. _____
 2. _____
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3. Critical Thinking

Explain why relying only on supplements is not as effective as eating a variety of foods.

4. Calculation (Optional)

The RDA for calcium is **1,000 mg**. If a cup of milk contains **300 mg**, how many cups do you need to meet the RDA?

Answer: _____

5. Reflection

Which vitamin or mineral do you think is most important in your diet right now? How will you make sure you get enough?

Vitamin/Mineral: _____

Plan: _____



Answer Key – Fillable Worksheet: Vitamins & Minerals

1. Complete the Table

Nutrient	Primary Function	Food Sources	Fat or Water Soluble?
Vitamin A	Vision, skin health, immune system	Carrots, sweet potatoes, spinach	Fat-soluble
Vitamin C	Immune support, wound healing, antioxidant	Oranges, bell peppers, broccoli	Water-soluble



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Calcium	Strong bones and teeth, muscle function	Milk, yogurt, cheese, leafy greens	N/A
Iron	Red blood cell formation, oxygen transport	Spinach, beans, red meat, fortified cereals	N/A

2. Analyze the Diet

Answer:

a) Nutrients missing:

1. **Vitamin D** (no dairy or fortified foods, sunlight may vary)
2. **Calcium** (limited dairy)
3. Could also include **iron or vitamin C** depending on diet variety

b) Foods to add:

1. **Leafy greens** or **beans** (iron, vitamin K, magnesium)
 2. **Milk, yogurt, fortified plant milk** (calcium, vitamin D)
 3. **Citrus fruits** (vitamin C for absorption)
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3. Critical Thinking

Sample Answer:

Supplements provide specific nutrients but don't offer fiber, phytonutrients, and other beneficial compounds found in whole foods. A varied diet ensures the body gets all vitamins, minerals, and other nutrients that work together.

4. Calculation



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RDA calcium = 1,000 mg

One cup milk = 300 mg

$1,000 \div 300 \approx 3.33$ cups → **4 cups to meet RDA**

5. Reflection

Acceptable answers will vary. Example:

Vitamin/Mineral: **Vitamin C**

Plan: **Eat an orange and a cup of broccoli each day**