

Chain Five: Vitamins and Minerals

Name _____

Part A Directions

Use the Vitamins and Minerals Chart to identify fruits and vegetables for each vitamin in the chain. In the last box of the chain, choose any fruit or vegetable you like and write in a vitamin it provides.

Vitamins

Vitamin C

Vitamin A

Folate

Vitamin K

Food
sources:

_____ + _____ + _____ + _____ + _____

Part B Directions

Use the Vitamins and Minerals Chart to identify a food source for each mineral in the chain. In the last box of the chain, choose any fruit or vegetable you like and write in a mineral it provides.

Minerals

Calcium

Iron

Potassium

Zinc

Food
sources:

_____ + _____ + _____ + _____ + _____