Vitamins and Minerals Worksheet

References:
1. Weebly: Topic 9.6 Nutrients & cellular respiration; Section 9.6.1; Naked Scientists podcast – Vitamin D Deficiency

Match the correct mineral to the reason it is needed by your body. Draw a line from the mineral to the correct reason that it is needed.

- Calcium for healthy blood
- Iron to ensure efficient body chemistry
- Phosphorous for healthy bones and teeth
- Iodine for healthy bones and teeth

Match the correct vitamin to the reason it is needed by your body. Draw a line from the vitamin to the correct reason that it is needed.

- Vitamin A This keeps the repair system of the body working properly
- Vitamin B This enables bones and teeth to absorb the minerals they need
- Vitamin C For healthy muscles
- Vitamin D For a healthy respiratory system and good night vision

Match the correct vitamin to the appropriate deficiency disease. Draw a line from the vitamin to the correct deficiency disease.

- Vitamin A Ricketts - bones become soft and deformed because minerals are not absorbed.
- Vitamin B Night blindness and infections of the respiratory system
- Vitamin C Beri-Beri - a disease leading to weak muscles and finally paralysis.
- Vitamin D Scurvy - the repair system of the body breaks down leading to pains in the joints and bleeding, especially of the gums.