






Micronutrients - Vitamins and Minerals

	Low in energy (carbohydrates/starch) Rich in nutrients and fibre	B9 (Folate) C Magnesium
	Low in energy. High in fibre, water and Vitamin A (yellow, orange and red fruits)	A C E Magnesium Potassium
	Rich in protein, vitamins and minerals are easily absorbed by the body.	B12 (Cobalamin) Fatty Acids Iron Iodine Zinc
	Rich in protein and calcium which is easily absorbed by the body.	A B2 (Riboflavin), B12 D Calcium Iodine Zinc
	High in Energy, protein and fibre.	B1 (Thiamin), B2, B3 (Niacin), B9 E Magnesium Iron Zinc Phosphorus

- Sort the micronutrients listed above into vitamins, minerals and essential fatty acids. List each micronutrient **only once**.
- Write the name of a specific food (e.g. "blueberries") that provides a good source of the micronutrient next to it.

Vitamins	Minerals	Essential Fatty Acids
C - kiwifruit	Zinc - hempseed	

- The following table of micronutrients are especially important for teenagers. NZ teens are often deficient in these micronutrients. Fill in the table, explaining the **function** of the micronutrient, and naming good **sources** of it.

Key Micronutrient	Function	Good Sources
Vit A	Needed for vision, immune system, cell growth and reproductive system.	Colourful fruit & veges e.g. kumara, carrots, spinach, butternut pumpkin.

Vit D		
Calcium		
Iron		
Vitamin C		
Zinc		