

# ACTIVITY 1D: TEACHER ANSWER KEY

## Nutrient Table

VITAMIN/MINERAL	HOW THE BODY USES IT	WHERE IT CAN BE FOUND
<b>vitamin A - retinal</b>	part of chemical necessary for good vision, healthy skin, and hair, and overall good health	milk, butter, margarine, cheese, eggs, and liver. The body can make vitamin A from vegetables that have carotene.
<b>vitamin B<sub>1</sub> — thiamine</b>	needed to release energy in food, prevents beriberi	meats, whole grains, dried beans, peas, peanuts
<b>vitamin B<sub>2</sub> — riboflavin</b>	needed to build and maintain body tissue	body organs, meats, eggs, green and yellow vegetables, enriched flours
<b>vitamin B<sub>6</sub> — pyridoxene</b>	helps the development of the nervous system and the production of blood; helps break down protein and glucose	meats and vegetables, yeast, nuts, beans, fish, rice
<b>vitamin B<sub>12</sub> — cobalamine</b>	promotes proper growth and development of nervous system	meats, eggs, and dairy products
<b>folic acid</b>	helps build DNA and protein, maintain intestinal tract and bone growth	dark leafy vegetables, yeast, wheat germ
<b>vitamin C — ascorbic acid</b>	helps form hormones, needed to build strong gums, teeth, and bones	citrus fruits, berries, cabbage, peppers
<b>vitamin D</b>	promotes strong teeth and bones and prevents rickets	milk, cod liver oil, tuna, salmon, eggs yolks
<b>vitamin E</b>	prevents damage to cell membranes, protects vitamin A, aids in blood production	grains, vegetable oil
<b>vitamin K</b>	aids blood clotting	leafy vegetables, bacteria
<b>calcium</b>	maintains teeth and bones, helps blood clot, helps nerves and muscle function	cheese, milk, dark green vegetables (i.e. broccoli), sardines, clams, oysters, legumes
<b>potassium</b>	regulates water balance in cells, helps nerves function, important for heart rhythm	oranges, bananas, meats, poultry, fish, cereal, potatoes, dried beans
<b>sodium</b>	regulates water balance, stimulates nerves	table salt, meat, poultry, fish, eggs, milk
<b>iron</b>	forms blood cells, transports oxygen	liver, red meats, dark green vegetables, whole-grain cereals, shellfish
<b>zinc</b>	aids in transport of carbon dioxide, aids in healing wounds, forms enzymes	meats, shellfish, whole grains, milk, legumes