

Name: _____

Date: _____

VITAMIN AND MINERAL SORTING

For a balanced diet it is important to eat a variety of foods. Cut out the food sources and stick under the vitamin or mineral they contain. Remember, they can come under more than one!

PROTEIN	OMEGA-3 FATS	VITAMIN A
VITAMIN B	VITAMIN C	VITAMIN D






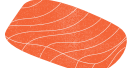




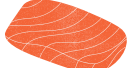




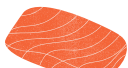

























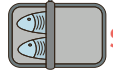



VITAMIN E

IRON

ZINC

SELENIUM



 Fish	 Eggs	 Mushrooms	 Wheat Germ	 Kiwi
 Fish	 Eggs	 Mushrooms	 Grains	 Lemon
 Fish	 Eggs	 Liver	 Beans	 Berries
 Fish	 Eggs	 Liver	 Seeds	 Oranges
 Cheese	 Eggs	 Red Meat	 Plant Oils	 Dark Chocolate
 Cheese	 Chicken	 Red Meat	 Lean Meat	 Butter
 Legumes	 Turkey	 Nuts	 Spinach	 Milk
 Legumes	 Tuna	 Nuts	 Kale	 Broccoli
 Legumes	 Sardines	 Brazil Nuts	 Sun	 Pepper