Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Water & Fat Soluble Vitamins & Minerals Notes***

Define vitamin –

Define mineral –

Define micronutrient –

Define macronutrient –

Give 2 + examples of vitamin deficiencies –

What is the difference between a water-soluble and fat-soluble vitamin –

Why are vitamins and minerals important to our diets and health?

|  |  |
| --- | --- |
| **Fat Soluble Vitamin** | **Function in Body** |
| Overall |  |
| Vitamin A |  |
| Vitamin E |  |
| Vitamin D |  |
| Vitamin K |  |
| **Water Soluble Vitamin** | **Function in Body** |
| Overall |  |
| Riboflavin |  |
| Vitamin B |  |
| Vitamin C |  |
| **Mineral** | **Function in Body** |
| Calcium |  |
| Sulfur |  |
| Fluoride |  |
| Iron |  |
| Copper |  |
| Zinc |  |