



Resource Sheet 1a

Name

Date

Dazzling Digestion – Lesson 1

Vitamins and Minerals

Vitamin or Mineral	What it does	Where you can find it
Vitamin A (Retinol)	Helps your immune system to fight against infections Helps you see in dim light Helps keep skin and linings of parts of our body, like the inside of your nose) healthy.	Cheese, eggs, oily fish, fortified low-fat spreads, milk and yogurt
Vitamin B1 (Thiamine)	Works with other B vitamins to help the body break down and release energy in food Keep your nervous system healthy	Vegetables, like peas; fresh fruit and dried fruit, eggs, whole grain bread, some fortified breakfast cereal, liver (you shouldn't eat more than one portion of liver a week)
Vitamin B2 (Riboflavin)	Keeps our skin, eyes and your nervous system healthy Helps your body release energy in food	Milk, eggs, fortified breakfast cereal, rice
Niacin	Helps keep our skin and nervous system healthy Helps to release energy in the foods we eat	Meat, fish, wheat four, eggs, milk
Vitamin B6	Helps our bodies to use and store energy Help form haemoglobin the substance in our blood that carries oxygen round the body	Pork, chicken or turkey, fish, bread, porridge, brown rice, eggs, vegetables, soya beans, peanuts, milk, potatoes and some fortified cereals
Vitamin B12	Keeps our nervous system healthy Releases food from the food we eat	Meat, salmon, cod, milk, cheese, eggs, some fortified cereals



Resource Sheet 1b

Name

Date

Dazzling Digestion – Lesson 1

Vitamins and Minerals

Vitamin or Mineral	What it does	Where you can find it
Vitamin C	Helps wound healing Helps protect against damage Helps maintain healthy skin, bones and blood vessels	Oranges and orange juice, red and green peppers, strawberries, blackcurrants, broccoli, Brussel sprouts, potatoes
Vitamin E	Helps maintain healthy skin, eyes and strengthens the immune system	Nuts and seeds, soya oil, corn oil, olive oil
Vitamin K	Helps wounds to heal properly Helps keep bones healthy	Green leafy vegetables, like broccoli and spinach, vegetable oils, cereal Small amounts can be found in meat and dairy foods too
Calcium	Builds strong bones Helps muscles to work (including keeping our heart beating!) Helps wounds to heal	Milk, cheese and other dairy foods, green leafy vegetables (not spinach), soya beans, tofu, fish bones and bread fortified with calcium
Iron	Helps your blood to carry oxygen round your body It is essential for our body to work properly	Meat, beans, nuts, dried fruit (like apricots), brown rice, fortified breakfast cereals, soybean flour, and most dark green leafy vegetables (such as water cress and curly kale)

These are some of the main vitamins and minerals you will find in food, there are more! Like anything, you should eat foods with lots of different vitamins and minerals in them, but be careful not to eat too much of each one.



Resource Sheet 2

Name

Date

Dazzling Digestion – Lesson 1

Tally Sheet

My favourite meal is:

It contains:

Vitamin or Mineral	Tick the box if your meal has this vitamin or mineral in it
Vitamin A	
Vitamin B1	
Vitamin B2	
Niacin	
Vitamin B6	
Vitamin B12	
Vitamin C	
Vitamin E	
Vitamin K	
Calcium	
Iron	



Resource Sheet 3

Name

Date

Dazzling Digestion – Lesson 2

Eggs-cellent Models

Name your two eggs and write down their mass:

Egg names	Mass of the eggs	We will put this egg in (Cross out one)
	g	water/vinegar
	g	water/vinegar

When we soak the eggs in vinegar and water, I predict that:

When soaked in water the egg will
When soaked in vinegar the egg will

When I first put the eggs in the solutions this is what happened:

In water
In vinegar

This is what happened to the eggs:

Egg names	Mass of the egg	What happened to the egg?
	g	The water made this egg
	g	The vinegar made this egg

My prediction was: