



Name: Form:

See pages 16 and 17 of *Food, teeth and eating*

Vitamins, minerals and fibre

**Vitamins and minerals give strong bones and blood and help prevent disease.
Fibre helps keep your digestive system in good order.**

Food	Calcium	Iron	Vitamin C
Cheese	✓		
Coconut		✓	
Blackcurrant		✓	✓
Sultana		✓	
Orange			✓

If a food has a lot of calcium, iron or vitamin C there is a tick in the table.

Q1. Look at the table, then answer these questions:

(i) Which food has a lot of calcium?

(ii) How many foods have a lot of iron?

(iii) Which food has both iron and vitamin C?

(iv) What does an orange have a lot of?

Q2. What happens to gums if the diet lacks vitamin C?

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Q3. What disease is caused by a lack of vitamin C in the diet?

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Q4. Which mineral is used to make strong bones?

Q5. Which mineral helps the blood carry oxygen?

Q6. Name three foods rich in fibre.

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