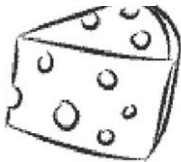


Activity 2 – Colour in and match the food to the nutrient (clue some foods contain more than one nutrient)



**Nutrient**

Calcium

Iron

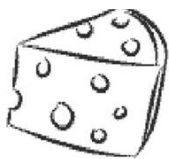
Vitamin C

B Vitamins

Turn the page for the answers

Activity 2 – Answers

**Calcium**



**Iron**



Beans – remember to eat with foods containing Vitamin C to help your body absorb the iron

**Vitamin C**



**B Vitamins**



Wholemeal bread



Why do our bodies need these nutrients? Turn the page to find out.

Why do our bodies need these nutrients?

### **Calcium**

Healthy bones and teeth



### **Iron**

To give you energy and for healthy blood and muscles



### **Vitamin C**

Healthy gums and help your body fight germs

### **B vitamins**

To give you energy

