What’s in our Food?



Objective: **Compose a list of key nutrients, describe their functions and list food sources for each**

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| Food | Vitamin or mineral that is in that food | What function does that vitamin or mineral do? |
| Whole milk |  |  |
| 1 Egg  |  |  |
| Iceberg lettuce |  |  |
| ½ cup lima beans |  |  |
| ½ cup vanilla ice cream |  |  |
| 1 chicken breast |  |  |
| 1 cup of cashews |  |  |
| ½ cup fresh blueberries |  |  |

Think of three foods not on the list above and answer the same question