What’s in our Food?

[](http://rds.yahoo.com/_ylt=A0PDoTAfcNpNMh4AZXuJzbkF;_ylu=X3oDMTBqbWlpczNlBHBvcwM1MgRzZWMDc3IEdnRpZAM-/SIG=1mdshadu1/EXP=1306189983/**http:/images.search.yahoo.com/images/view?back=http://images.search.yahoo.com/search/images?p=food+clip+art&b=41&ni=20&ei=UTF-8&vm=r&xargs=0&pstart=1&fr=yfp-t-701&w=800&h=398&imgurl=www.primoclipart.com/files/preview/big/398/Healthy%20Food%20Clip%20Art.jpg&rurl=http://www.primoclipart.com/view-clipart/healthy-food-clip-art&size=62KB&name=Healthy+Food+Cli...&p=food+clip+art&oid=0e8422d3c37b2a230748701873a89692&fr2=&no=52&tt=644000&b=41&ni=20&sigr=11u9v4e22&sigi=12agmdtpr&sigb=13joc98vv&.crumb=qkiff7I2KWk)

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

|  |  |  |
| --- | --- | --- |
| 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