Nutrition (Vitamins & Minerals) Group Assignment

1. Pick a vitamin or mineral from the list
2. Your job will be to pick 1 mineral or vitamin and answer the below questions on a paper for me and then send it to me through email or remind.
3. Here’s what I will be looking for you to answer:
   1. What is your vitamin or mineral?
   2. Does it have any other names?
   3. If you have a vitamin- is it fat soluble or water soluble? (What does that mean?)
   4. What does that vitamin or mineral do for our bodies?
   5. Where or how do we get that vitamin or mineral?
   6. How much of that vitamin or mineral do we need?
   7. What would happen if we do not get enough of that vitamin or mineral?
   8. What would happen if we get too much of that vitamin or mineral?

List of Vitamins/Minerals:

Vitamin A Vitamin C

Vitamin D Vitamin E

Vitamin K Vitamin B9

Vitamin B1 Calcium

Vitamin B2 Chloride

Vitamin B3 Fluoride

Vitamin B5 Iron

Vitamin B6 Potassium

Vitamin B12 Zinc

Biotin