

# How to get your vitamins and minerals

BY JAMIEOLIVER.COM • July 26, 2016 • In Family Food, Healthy, How to, Nutrition



Feeding your body the vitamins and minerals it needs is essential to health.

We've created this handy chart to show you exactly where you can find the vitamins and minerals your body needs the most. Mix them up and make sure you're getting a balance of all the good stuff.

## Vocabulary (*learn before you read*)

Minerals=μέταλλα  
Immune system= ανοσοποιητικό σύστημα  
Red blood cells= ερυθρά αιμοσφαίρια cell= κύτταρο  
Liver= συκώτι  
Eyesight= όραση  
Cartilage=χόνδρος  
Gums=ούλα Function= λειτουργία  
Absorption= απορρόφηση  
Iron= σίδηρος  
Antioxidant= αντιοξειδωτικό  
Fortified= ενισχυμένα  
Prawns=γαρίδες  
Sunflower seeds= ηλιόσποροι

For more unknown words you can use an online dictionary, my favourite one is *wordreference*:

<https://www.wordreference.com/engr/>

# HOW TO GET YOUR VITAMINS & MINERALS

## VITAMIN A

IRON METABOLISM, KEEPING OUR SKIN HEALTHY, OUR IMMUNE SYSTEMS HEALTHY AND FOR EYESIGHT.



LIVER



SWEET POTATO



BUTTERNUT SQUASH



CARROTS



EGGS

## B-VITAMINS

KEEPING OUR METABOLIC AND NERVOUS SYSTEMS HEALTHY, AND FOR RED BLOOD CELL FORMATION.



WHOLEGRAIN FOODS



BROCCOLI



CHICKEN



NUTS



MILK

## VITAMIN C

IMMUNE FUNCTION, KEEPING OUR BONES AND CARTILAGE STRONG AND HEALTHY, KEEPING OUR SKIN, TEETH AND GUMS HEALTHY, NERVOUS SYSTEM FUNCTION, METABOLIC FUNCTION, CELL PROTECTION AND IRON ABSORPTION.



SWEET POTATO



GREEN VEG



TOMATOES



ORANGES



CHILLIES & PEPPERS

## VITAMIN D

HEALTHY BLOOD CALCIUM LEVELS, KEEPING OUR BONES AND TEETH STRONG AND HEALTHY, AND IMMUNE SYSTEM FUNCTION.



FISH



EGG YOLKS



FORTIFIED BREAKFAST CEREALS



MUSHROOMS



FORTIFIED SOY MILK

## VITAMIN E

CELL PROTECTION (ACTS AS AN ANTIOXIDANT).



PRAWNS



SUNFLOWER SEEDS



AVOCADOS



ALMONDS



WHEATGERM

Study the table above and make a healthy daily meal plan (breakfast, lunch, dinner AND snacks) in order to take all the vitamins (A,B,C,D,E) you need.

f.e.

Breakfast

I'll have ..... with ..... and ..... to take vitamins ..... and .....

Snack

I'll have ..... to take vitamin(s) ..... (and .....). It's super healthy and nutritious!!

Lunch

I'll have ..... with ..... and ..... to take vitamins ..... and .....

Snack

I'll have ..... to take vitamin(s) ..... (and .....)

Dinner

I'll have ..... with ..... and ..... to take vitamins ..... and .....

Well done!

If you are tired you may need a smoothie or an ice lolly. Feel free to use frozen pieces of fruit you like (you can use frozen pieces of apples, pears, bananas and strawberries instead of berries). You can make it yourself (but ask your mum first!! AND clean the kitchen afterwards). Find the recipe at the link below:

<https://youtu.be/rx3hi-S77VI>

Have fun!

Send me an e-mail if you want with your ideas for the healthy daily meal plan and maybe photos from your fruit smoothies!!

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