

Vitamins and Minerals are considered 'micronutrients' as they are only required in small amounts.

4. Vitamins

- There are many different vitamins that the body needs to obtain from various foods. Vitamins are needed for the absorption of other nutrients, production of tissue, healing wounds and burns and the development of good eye sight.
- Vitamins are mainly found in wholegrain foods, fruits and vegetables.

5. Minerals

- Just like vitamins, there are a range of different minerals that are required by the body. These include; calcium, iron, potassium, zinc etc.
- Minerals perform many different functions in the body. For example;
 - ✓ Calcium: Needed for the formation of strong bones and teeth. Calcium comes from dairy foods like milk.
 - ✓ Iron: Essential for the formation of red blood cells. Iron comes from meat-based products.