

**Note to Parents and Teachers:** Learning about vitamins, minerals, and how to stay healthy is important for people of all ages, but please be sure your children or students know that they should never change their diet or take supplements without first talking to a parent. They also need to always be aware of possible food allergies.

Copyright © 2022 by WriteBonnieRose, LLC

Select graphics used courtesy of [Hidesy's Clipart](#).

All Rights Reserved. This book may not be reproduced or transmitted by any means, including graphic, electronic, or mechanical, without the express written consent of the author except in the case of brief quotations embodied in critical articles and reviews and those uses expressly described in the following Terms of Use. You are welcome to link back to the author's website, <http://writebonnierose.com>, but may not link directly to the PDF file. You may not alter this work, sell or distribute it in any way, host this file on your own website, or upload it to a shared website.

Terms of Use: For use by a family, this unit can be printed and copied as many times as needed. Classroom teachers may reproduce one copy for each student in his or her class. Members of co-ops or workshops may reproduce one copy for up to fifteen children. This material cannot be resold or used in any way for commercial purposes. Please contact the publisher with any questions.

# Biotin

Circle one:

Vitamin or Mineral

What foods is it found in?

How does the body use it?

What can a deficiency of it cause?

# Calcium

Circle one:

Vitamin or Mineral

What foods is it found in?

How does the body use it?

What can a deficiency of it cause?

# Molybdenum

Circle one:

Vitamin or Mineral

What foods is it found in?

How does the body use it?

What can a deficiency of it cause?

# Vitamin B<sub>2</sub> (Riboflavin)

Circle one:

Vitamin or Mineral

What foods is it found in?

How does the body use it?

What can a deficiency of it cause?