

## 7B Homework 2/17

*This is a quiz grade*

Answer the following questions about each of these vitamins and minerals.

Vitamin A

Vitamin B1

Vitamin B12

Vitamin C

Calcium

Vitamin K

Vitamin E

Iron

Magnesium

Water

Potassium

What are the benefits to your health?

What foods are they found in?

What illness' does it prevent or cure?