



THE POWER OF PLANTS

What's in our Food? Worksheet

Nutrient	What is it?	What does it do?	Plant-based sources	Meal
Protein	Helps build and repair muscles, bones, skin and other body tissues.		1 2 3	
Iron	A mineral that helps carry oxygen around the body in red blood cells.		1 2 3	
Calcium	A mineral that helps build and maintain strong bones and teeth.		1 2 3	
Vitamin B12	A vitamin needed for healthy nerve function and for making red blood cells.		1 2 3	
Omega 3	An essential fat that supports brain and eye health. The body cannot make it itself, so it must come from food.		1 2 3	
Vitamin C	A vitamin that supports the immune system, helps maintain healthy skin and helps the body absorb iron.		1 2 3	