

NAME: _____

Super Nutrients!

Showcase what you have learned about nutrients by creating nutrient trading cards. Use the calcium model for inspiration. Make sure to note where you found your information on the back of the card.



Nutrient Name:

CALCIUM



Role: Calcium supports strong bones and teeth. Muscles and nerves also need calcium in order to work properly.

Food Sources: Calcium can be found in milk and dairy products like yogurt and cheese, as well as in leafy greens like spinach and kale.

Fun Fact: The body also needs vitamin D to absorb and use calcium.

Risks of Not Getting Enough: Too little calcium increases the risk for broken bones now and for osteoporosis (a condition involving fragile bones) when you're older.

Nutrient Name:

Role:

Food Sources:

Fun Fact:

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