



High in vitamins

Task

Use the Nutrition Program to find 5 foods that are listed as high in different vitamins.

Go to My Recipes. Create new recipe.

Choose a simple one to do such as Milk 1 portion. Leave Find ingredient empty.

Choose Show me All Foods and click down to **Food high in Folate.**

List the top 5 ingredients which are high in folate.

High in Vitamin A.

Choose Show me All Foods and click down to **Food high in Vitamin A.**

List the top 5 ingredients which are high in Vitamin A.

High in Vitamin C.

Choose Show me All Foods and click down to **Food high in Vitamin C.**

List the top 5 ingredients which are high in vitamin C.

Further work

For each vitamin, choose one of the foods that you would eat.

Go to Nutrition info, choose Show all, hover over the vitamin name to find the function.

Fill in the chart below.

Foods high in	List 5 foods	Which would you eat?	Hover over function
Folate	1 2 3 4 5		
Vitamin A	1 2 3 4 5		
Vitamin C	1 2 3 4 5		