



# High in minerals

## Task

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

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 Calcium.**

List the top 5 ingredients which are high in calcium.

## High in Iron.

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

List the top 5 ingredients which are high in iron.

## High in Zinc

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

List the top 5 ingredients which are high in zinc.

## Further work

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

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

Fill in the chart below.

Foods high in	List 5 foods	Which would you eat?	Hover over function
Calcium	1 2 3 4 5		
Iron	1 2 3 4 5		
Zinc	1 2 3 4 5		