

Name _____

The Vitamin Voyage: Exploring the Tiny Nutrients with Big Impact

Open-Ended Response Answer Key

1. Vitamins are organic compounds that our bodies need in small amounts to carry out various functions, while carbohydrates and proteins are macronutrients that provide energy and serve as building blocks for the body.
2. Fatty fish, such as salmon, is a food source of vitamin D.
3. Different foods contain different vitamins, so eating a variety of foods ensures we get all the vitamins our bodies need to function properly.
4. Without enough vitamins, we may experience deficiencies that can lead to health problems such as weakened immune function or poor vision.

