

1. What Are Vitamins & Minerals?

Simple explainer:

- **Vitamins** = organic compounds your body needs in small amounts to function well (energy, immunity, repair).
 - **Minerals** = elements from soil & water that support bones, nerves, and blood (like calcium, iron, zinc).
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2. The Balanced Plate Formula

Visual layout of a “Healthy Plate” (½ colourful veg & fruit, ¼ protein, ¼ whole grains, small portion healthy fats).

→ *Ties in with your Healthy Plate Quiz.*

3. Eat the Rainbow

Table showing **colour group** → **nutrients** → **benefits** → **examples**, e.g.:

Colour	Key Nutrients	Main Benefits	Common Foods
Red	Lycopene, Vitamin C	Heart & skin health	Tomatoes, red peppers, strawberries
Orange/Yellow	Beta-carotene, Vitamin A	Eye & immune support	Carrots, sweet potato, mango
Green	Iron, Magnesium, Folate	Energy, blood, muscle	Spinach, broccoli, peas
Blue/Purple	Anthocyanins	Brain & memory	Blueberries, aubergine, grapes
White/Brown	Potassium, Zinc	Immunity, gut balance	Mushrooms, onions, garlic

4. 7 Essential Vitamins for Everyday Energy

Quick reference section:

Vitamin	Function	Food Sources
A	Vision, skin, immunity	Carrots, sweet potato, liver
B Complex	Energy, nerves, metabolism	Whole grains, beans, eggs
C	Collagen, healing, antioxidant	Citrus, berries, peppers
D	Calcium absorption, bones	Sunshine, eggs, oily fish
E	Cell protection	Nuts, seeds, olive oil
K	Blood clotting, bone health	Leafy greens, broccoli
Folate (B9)	DNA repair, pregnancy health	Spinach, lentils, avocado

5. Top Minerals for Strength & Stability

Mineral	Role	Key Sources
Calcium	Bones & teeth	Dairy, sesame seeds, kale
Iron	Oxygen transport	Red meat, lentils, spinach
Magnesium	Muscle & mood	Nuts, oats, dark chocolate
Zinc	Immunity, repair	Shellfish, pumpkin seeds
Potassium	Nerves, heart rhythm	Bananas, potatoes, beans
Iodine	Thyroid function	Seaweed, fish, eggs

6. Bonus: Seasonal Eating Chart (UK)

Page 2 — “When to Eat for the Most Nutrients”

A monthly chart (January–December) showing which fruits & vegetables are in season (like your *Eat the Rainbow* handout).

 7. Quick Action Plan

- ☒ Eat at least **5 colours** a day
 - ☒ Choose **whole, unprocessed foods**
 - ☒ Get some **sunshine or vitamin D source**
 - ☒ Drink **plenty of water**
 - ☒ Download or print this sheet as your daily reminder!
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