Student name:

Date:

**Food supplements**

Using a variety of resources investigate and report on the following:

1. Define the term food supplement.

2. Explain why some population groups are advised to take food supplements.

3. Complete the following chart based on the recommendations for your country.

|  |  |  |
| --- | --- | --- |
| **Supplement type** | **Recommended population group** | **Benefits** |
| vitamin A |  |  |
| vitamin D |  |  |
| folate/folic acid |  |  |
| vitamin C |  |  |
| iron |  |  |