

Nutrient Cards for “Hunt for the Good Stuff” Activity

Protein	Fat	Vitamin B	Vitamin E
Protein	Fat	Vitamin A	Minerals (iron)
Protein	Vitamin B	Vitamin A	Minerals (iron)
Protein	Vitamin B	Vitamin A	Minerals (iron)
Protein	Vitamin B	Vitamin A	Minerals (iron)
Protein	Vitamin B	Vitamin C	Minerals (iron)

Fat	Vitamin B	Vitamin C	Minerals (calcium)
Fat	Vitamin B	Vitamin C	Minerals (calcium)
Carbohydrates	Carbohydrates	Carbohydrates	Carbohydrates
water	water	water	water
water	water		