

	carbohydrate	fat	protein	Vitamins A B C D E K	Minerals Ca Fe Mg K	Fibre	Water
Chemical elements				xxxxxxxxxxxx			
Complex/ simple				xxxxxxxxxxxx	xxxxxxxxxxxx		xxxxxxxxxxxx
Food sources				A B C D E K	Ca Fe Mg K		
Why we need them				A B C D E K	Ca Fe Mg K		
Too much?				A D E K	xxxxxxxxxx		xxxxxxxxxxxx
Too little?				C D	Ca Fe		