**Nutrient Study Activity**

Directions: Your task is to create flash cards with the name of the vitamin, mineral, or nutrient on the front with a picture of a 2 good sources of food that contain it and the function in the body on the described on the back of the card.

FRONT

Potassium![C:\Users\07078\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VTLXRZ53\MC900351223[1].wmf]()![C:\Users\07078\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2GNVTJ6G\MC900233594[1].wmf]()

BACK

**Body Functioning described here.**

Helps maintain water balance and make protein; functioning of heart and nervous system.