



Supporting school gardening projects

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Developing Positive Minds & Healthy Bodies for a Brighter Future!



KNOW YOUR VEG Vegetables and Nutrition

Children that do not eat the right way do not grow and learn well. What all children need is plenty of good food and by eating a mix of vegetables that are rich in vitamins and minerals, it will increase the nutritional value of meals and the variety that is needed for health and growth. Here's a list of the nutritional value found in vegetables as a whole. Use these alongside the Vegetable fact sheets to find out what each vegetable contributes to a diet.



Nutrient	Type	Function
Vitamin	A	Good vision and healthy skin
Vitamin	B (Riboflavin)	Breaks down carbohydrates to allow energy; helps vision and skin
Vitamin	C (Folic Acid)	Regulates growth of cells
Vitamin	C	Fights viruses; keeps skin and gums healthy; heals wounds
Vitamin	E	Protects vitamins A & C; helps immune system and aids growth
Carbohydrates		The main energy store of the body
Fibre		Aids digestion of food
Potassium	Mineral	Helps muscles to contract; maintains normal blood pressure
Calcium	Mineral	Strengthens bones and muscles
Magnesium	Mineral	Helps muscles to contract and relax
Iron	Mineral	Helps carry oxygen in the blood
Zinc	Mineral	Allows positive chemical reactions to happen in the body