

# Vitamins and Minerals

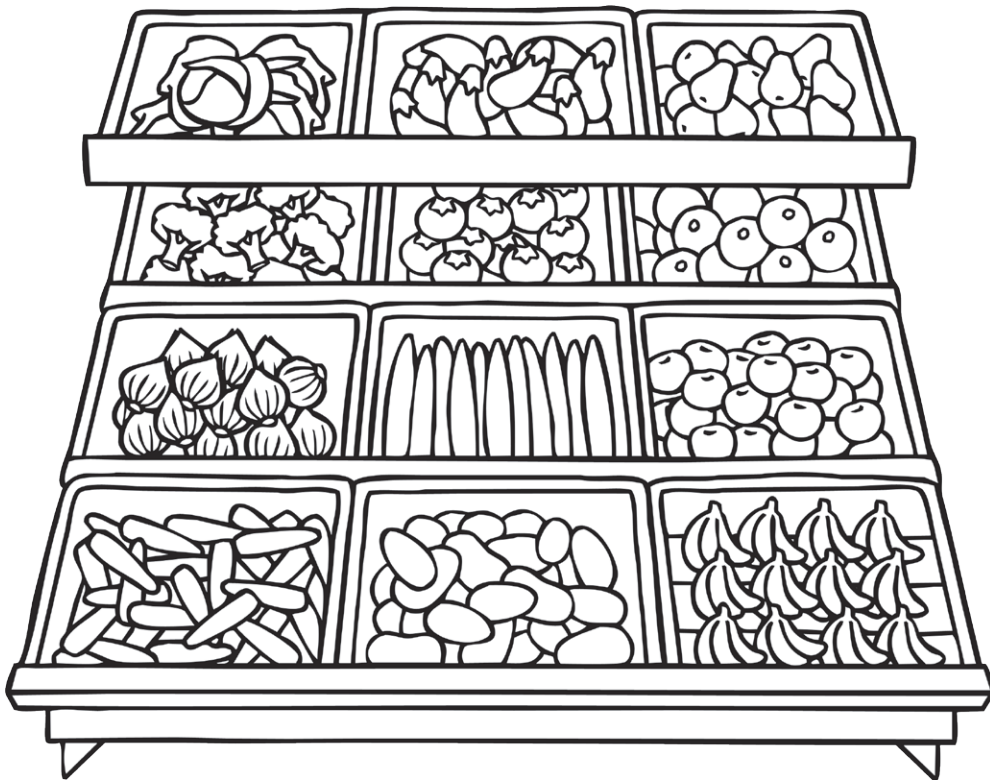
## Amazing Fact

During his career as an entertainer, French performer Monsieur Mange-Tout (Mr Eat-All) ate bikes, shopping trolleys, beds, televisions and even a Cessna 150 aeroplane!

## Challenge

We need to eat a range of foods, to make sure we are getting the right vitamins and minerals to keep us healthy.

Research where each of these vitamins and minerals can be found and add it into the table. Draw pictures to go with the information you have added.



You could also try to find out:

- what was special about Monsieur Mange-Tout that enabled him to do this;
- if there was any food he didn't like;
- what his method was for eating these objects.





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Name	What does it do?	Where is it found?	Picture