

WEEK 5: VITAMINS: TO TAKE OR NOT TO TAKE

Check out this TedEd Animation lesson: ["How do vitamins work?" \(Links to an external site.\)](#) Then, choose one of your favorite nutrient-dense whole foods (maybe baby kale, carrots, or mangoes) and discuss the vitamins and minerals that it is a good source of. (For instance, a serving of baby kale provides about 680% of your daily Vitamin K needs.)

How do these vitamins and minerals help you stay healthy? In other words, what are their roles in the body?

Answer:

Edamame is the whole food I chose.

How do these vitamins and minerals help you stay healthy?

My grandma is Italian Asian so I was exposed to Asian cuisine quite a lot. Not many people know about this bean but it's actually quite common in Japanese culture to consume. Super