

Subject:

Task 4

Watch the video below.

[Macronutrients – CCEA - Video - GCSE Home Economics: Food and Nutrition \(CCEA\) - BBC Bitesize](#)

Complete the fat soluble vitamins table.

| Nutrient | Source(s) | Function(s) | Notes |
|-----------|-----------|-------------|-------|
| Vitamins | | | |
| Vitamin A | | | |
| Retinol | | | |
| Carotene | | | |
| Vitamin D | | | |

Revision Tasks

| | | | |
|-----------|--|--|--|
| Vitamin E | | | |
| Vitamin K | | | |