

## 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			