Red Meat Nutrients

Nutrient	Function
Protein	Helps and supports growth, repair and maintenance of all our body's cells and tissues.
Iron	Helps develop healthy red blood cells, transporting oxygen around the body; reduces tiredness.
Vitamin B12	For energy production, red blood cell formation, reduces tiredness and fatigue.
The mineral - Zinc	Helps the immune system work normally; supports normal hair, nail and skin growth.

Name:	Class:	Date:

Health Claims

Use this guide to check your answers.

https://www.qmscotland.co.uk/sites/default/files/20180720_red_meat_nutrition_-_key_facts_a4_final_jr.pdf

Written Assignment or Homework

As this is an opinion piece, there is no right or wrong answer.

However, red meat is a rich source of vitamin B12 which is a building block of red blood cells and helps to fight fatigue. Vitamin B12 is only found in animal products, and those following a meat free diet would need to take supplements to fortify their diet with Vitamin B12.

Red meat is also a source of choline, which is similar to the B vitamins. Although deficiency is rare, there are some population groups who may be at risk. E.g. pregnant women.

Name:	Class:	Date: