



# GOOD OLD HEALTH

## UNIT 11 HEALTHY EATING

### 3. Calcium and Vitamin D (*answer* )

<u>CALCIUM</u>	<u>VITAMIN D</u>
milk	salmon – not tinned
cheese	eggs
almonds	tahini
yoghurt	almonds
Bok choy	brazil nuts
Brazil nuts	
Custard	
sardines	
salmon	
tahini	