

Name _____ Grade _____ No. _____

Unit 3 : Food

Topic : Vitamins

Matching

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| _____ 1. vitamins B1 | a. Prevents scurvy and anemia. |
| _____ 2. vitamins B2 | b. Strengthens teeth and bones |
| _____ 3. vitamins C | c. Maintain good eyesight |
| _____ 4. vitamins A | d. Causes bleeding to stop |
| _____ 5. vitamins D | e. Prevent beriberi |
| _____ 6. vitamins E | f. water and fat soluble |
| _____ 7. vitamins K | g. Prevents Canker Sore and eye |
| _____ 8. Proteins | h. Main source of energy for the body |
| _____ 9. Carbohydrates | i. Repair worn-out or damaged cell |
| _____ 10. Vitamins | j. Maintains healthy reproductive system |