

Vitamin Interactive Worksheet

Directions: Please match the term with the correct definition

<u>Key Term</u>	<u>Definition</u>
Vitamin A	Water-soluble, helps produce energy and hormones
Vitamin B1	Water-soluble, vital for the formation red blood cells
Vitamin B2	Water-soluble, essential for making DNA and RNA
Vitamin B3	Water-soluble, also called ascorbic acid
Vitamin B5	Can damage tissue, cells and even genes
Vitamin B6	Fat-soluble, healthy mineralization of bone
Vitamin B7	Water-soluble, enzymes that break down blood sugar
Vitamin B9	Water-soluble, also called niacin
Vitamin B12	Fat-soluble, helps prevent oxidative stress
Vitamin C	Fat-soluble, necessary for blood clotting
Vitamin D	Water-soluble, essential for a healthy nervous system
Vitamin E	Water-soluble, metabolizes proteins, carbs and fats
Vitamin K	Fat-soluble, essential for eye health
Free Radicals	Water-soluble, helps metabolize foods