

Keeping our body healthy

Directions: Choose the correct answer.

1. What are vitamins?

They are nutrients that help the body do certain jobs.

They are nutrients that help the body do certain operations.

They are nutrients that help the body do certain sleep.

2. What is the function of Vitamin A?

It helps the body absorb iron.

It keeps bones and teeth strong.

It slows down cell damage

It controls blood clotting.

It prevents infection, keeps the eyes moist, and the hair and skin shiny.

3. What is the function of Vitamin C?

It keeps bones and teeth strong.

It slows down cell damage

It helps the body absorb iron.

It controls blood clotting.

It prevents infection, keeps the eyes moist, and the hair and skin shiny.

4. What is the function of Vitamin D?

It keeps bones and teeth strong.

It slows down cell damage

It helps the body absorb iron.

It controls blood clotting.

It prevents infection, keeps the eyes moist, and the hair and skin shiny.

5. What is the function of Vitamin E?

It slows down cell damage

It controls blood clotting.

It prevents infection, keeps the eyes moist, and the hair and skin shiny.

It keeps bones and teeth strong.

It helps the body absorb iron.



6. What is the function of Vitamin K?

It keeps bones and teeth strong.

It slows down cell damage

It helps the body absorb iron.

It controls blood clotting.

It prevents infection and keeps the eyes moist.

7. Complete what am I minerals. Write the LETTER next to the minerals below.

- A. It builds strong bones and teeth and helps muscles and nerves work.
- B. It protects the body against infection and assists cells in using energy.
- C. It builds strong bones and teeth and helps cells function.
- D. It helps nerves and muscles function and helps cells use energy.
- E. It helps the body grow, heal wounds, and maintain the senses of smell and taste
- F. It is also known as salt and is added to many foods.

Sodium _____

Potassium _____

Calcium _____

Zinc _____

Phosphorous _____

Iron _____

8. Which of the following is Water, not the main component of?

blood

feces

saliva

urine

Fill in the blank.

9. Water is necessary for _____

10. Water carries waste from the _____