PART 2: FILL IN THE BLANKS

1. Vitamin C helps prevent _____.
2. Fat-soluble vitamins are stored in the _____ and fat cells.
3. The body needs _____ to absorb fat-soluble vitamins.
4. _____ is a vitamin that helps with blood clotting.
5. Water-soluble vitamins need to be _____ daily.
6. Vitamin A is important for _____ health.

PART 3: TRUE / FALSE QUESTIONS

1. Vitamin C helps prevent scurvy.
2. Fat-soluble vitamins are stored in the kidneys.
3. The body can produce all the vitamins it needs without food.
4. Vitamin D helps the body absorb calcium and phosphorus.
5. Water-soluble vitamins are stored in fat cells for long-term use.
6. Vitamin K plays a role in blood clotting.

LIVEWORKSHEETS