After you read

3 Write the words.

1 Your body makes this vitamin from sunlight. ____

2 This mineral keeps your hair and skin strong. ____

3 There's vitamin A, E and calcium in this vegetable. ____

4 These vitamins are important for strong bones. ____ , ____ and ____

5 This vitamin helps you to see at night. ____

6 There's vitamin B, D and E in this food. ____

4 Drag the words to the correct place. You can repeat foods.

vitamin A	vitamin B	vitamin C	vitamin D	vitamin E

fish	carrots	nuts	cereals	oranges
meat	milk	pumpkin	blueberries	eggs
broccoli	avocados	kiwi	spinach	bread

LIVEWORKSHEETS

6 Find and correct the mistakes.

1 Vitamin A helps to keep your muscles strong.
Vitamin E helps to keep your muscles strong.

2 Vitamins A and B are important for strong teeth and bones.

3 There's iron in milk, yogurt, sardines and broccoli.

4 Your body makes vitamin C from sunlight.

5 Calcium keeps your hair and skin strong.

6 Vitamin E helps you to see at night.

LIVEWORKSHEETS