



Vitamins and Healthy Food

Instructions. Watch the video, answer the questions and take notes of important information.

1. What are vitamins? Select the correct answer.

- a. Nutrients that we get from food.
- b. Food that we eat.
- c. Essential nutrients for our body to remain healthy.
- d. Small living organism that are good for us.

2. Where do we get vitamins from?

3. What are the names of the two types of vitamins?

- a. Good vitamins and bad vitamins.
- b. Healthy vitamins and Unhealthy vitamins.
- c. Fat soluble vitamins and water-soluble vitamins.
- d. Fruit vitamins and vegetable vitamins.

4. Vitamins _____ are fat soluble.

5. Water soluble vitamins are _____.

6. In your notebook write what vitamins are good for and where can you find each.

