



## 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.**