Name: _____ No: _____
Class: _____ Date: _____

SCIENCE

PROTEINS	**CARBOHYDRATES**	**FATS**	**VITAMIN D**	**VITAMIN B1**
VITAMIN C	**VITAMIN K**	**WATER**	**IODINE**	**IRON**

1. He gets cold easily. He needs to eat more _____.
2. She has osteoporosis because she did not eat enough _____.
3. He has goiter because the food he ate did not contain enough _____.
4. She has anemia. She needs to eat more food that contains _____.
5. His cut hardly stops bleeding. He did not eat enough _____.
6. He always has constipation. He should drink more _____.
7. He has scurvy because he did not eat enough _____.
8. She has beriberi because she did not eat enough _____.
9. He wants to grow up more and get taller. He needs to eat more _____.
10. She needs more energy. She has to eat more _____.

LIVEWORKSHEETS