Vitamins

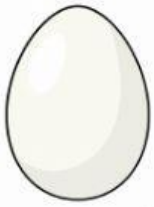
Name: _____ Grade: 8 _____

Instructions: Read the information shown in the table carefully. Then write A, B, C or D in the correct space.

		Where do you get the vitamins in the food?
A	Vitamin A	Carrots, mangoes, milk, eggs
B	Vitamin D	Egg, milk, fish, the sun
C	Vitamin C	Orange, pepper, guava, citrus fruits
D	Vitamin B	Bread, chicken, wholemeal, milk, egg



1. Vitamin _____



2. Vitamin _____, _____ & _____



3. Vitamin _____



4. Vitamin _____

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B. Choose the correct option.

1. Vitamin A is good for eyes/ ears and helps wounds and burns to heal.
2. Niacin helps to build strong teeth and bones. True/ False
3. Vitamin C enables the body to make use of carbohydrates and is good bones, teeth and our brain/muscles.

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