

The Vitamin Alphabet



Read. Then write A, B, C, D or E.

| Where do we get the vitamins in food? | |
|---------------------------------------|--|
| Vitamin A | carrots, mangoes, milk, eggs |
| Vitamin B | potatoes, bread, chicken, cheese, eggs, green vegetables |
| Vitamin C | oranges, peppers, tomatoes, potatoes |
| Vitamin D | eggs, fish, milk, the sun |
| Vitamin E | nuts, green vegetables |



1 Vitamin A



2 Vitamin ,
 and



3 Vitamin



4 Vitamin

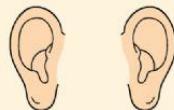


5 Vitamin and



6 Vitamin

Choose the correct option



Listen and choose the correct option.

- 1 Vitamin A is good for our eyes / ears.
- 2 Vitamin B helps make blood and gives us energy / skin.
- 3 Vitamin C is good for bones, teeth and our brain / muscles.
- 4 Vitamin D helps make strong skin / bones.
- 5 Vitamin E keeps our blood / muscles healthy.