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.