

# The Vitamin



# Alphabet

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

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



1 Vitamin



2 Vitamin ,  
 and



3 Vitamin



4 Vitamin

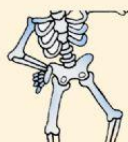


5 Vitamin   
and



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.