

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**VITAMINS**

Drag the information to the correct spaces to complete the table below.

|   |  |  |
|---|--|--|
| GOOD EYESIGHT   |             | BLOOD DOES NOT CLOT  |
|  | RICKETS  |                 |
|  | <br>SPINACH | STRONG BONES AND TEETH   |
|  | <br>MILK    | NIGHT-BLINDNESS  |
|  | BLOOD CLOTS QUICKLY  | <br>BROWN BREAD |
| SCURVY  | HEALTHY NERVOUS SYSTEM   |                 |
|  | MUSCLE WEAKNESS  | HEALTHY SKIN AND GUMS  |
| HEALTHY RED BLOOD CELLS   |            | BERI BERI  |

| VITAMIN | SOURCES | USES | DEFICIENCY DISEASE |
|---------|---------|------|--------------------|
|         |         |      |                    |
|         |         |      |                    |
|         |         |      |                    |
|         |         |      |                    |
|         |         |      |                    |
|         |         |      |                    |
|         |         |      |                    |

