

# Vitamins

What are these foods good for? Match.

**Vitamins**  
Fruit and vegetables are good for us because they've got a lot of vitamins in them. Vitamins are important to keep us healthy. The names of the vitamins are usually letters, but there are eight B vitamins which work together in a group. The B vitamins are called B1, B2, B3 etc. The picture shows you where to find vitamins.

**Food items and their vitamins:**

- apples: C
- bananas: B6, C
- broccoli: A, C, E, K
- cabbage: A, B5, C, K
- carrots: A
- kiwi fruits: C
- leeks: B6
- mangoes: A
- oranges: C
- peas: B1
- peppers: A, C
- potatoes: B6, C
- spinach: A, C, E
- sunflower seeds: E
- tomatoes: A, C

**Body parts and their vitamins:**

- sunlight: Our bodies need sunlight to make vitamin D.
- eyes: C
- brain: B, C
- teeth: C, D
- muscles: B, E
- heart: B
- skin: A, B, C
- blood: C, E
- energy: B
- bones: C, D, K

- |  |                                   |
|--|-----------------------------------|
| 1 Broccoli, carrots and mangoes are good for         | a and they're good for your skin. |
| 2 Kiwi fruits and oranges help stop coughs and colds | b make energy from food.          |
| 3 Sunflower seeds are good for                       | c your eyes and skin.             |
| 4 Cabbage and peas help your body                    | d bones.                          |
| 5 Spinach is good for your                           | e your heart.                     |

Read and circle the correct words:

- |   |   |
|---|---|
| • How                  grapes do we need?<br>We don't need                  grapes. | • How                  pineapple do we need?<br>We don't need                  pineapple. |
| • How                  icecream do we need?<br>We need                  icecream.   | • How                  appels have we got?<br>We've got                  apples.          |
| • How                  banans have we got?<br>We've got                  bananas.   |   |