

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.

sunlight - Our bodies need sunlight to make vitamin **D**.

eyes **C**
brain **B C**
teeth **C D**
muscles **D E**
heart **B**
skin **A D C**
blood **C E**
energy **D**
bones **C D E**

apples **C** **bananas** **B C**
broccoli **A C** **cabbage** **A B C**
carrots **A** **kiwi fruits** **C** **leeks** **B C** **mangoes** **A**
oranges **C** **peas** **B** **peppers** **A C**
potatoes **B C** **spinach** **A C E** **sunflower seeds** **E** **tomatoes** **A C**

- 1 Broccoli, carrots and mangoes are good for
- 2 Kiwi fruits and oranges help stop coughs and colds
- 3 Sunflower seeds are good for
- 4 Cabbage and peas help your body
- 5 Spinach is good for your

- a and they're good for your skin.
- b make energy from food.
- c your eyes and skin.
- d bones.
- e your heart.

Read and circle the correct words:

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