

Health and Vitamins Worksheet

Name: _____

Date: _____

1. Multiple Choice (Choose the best answer.)

1. Which vitamin helps keep your skin and gums healthy?
A. Vitamin D
B. Vitamin K
C. Vitamin C
D. Vitamin A
2. Which vitamin helps your body absorb calcium and build strong bones?
A. Vitamin C
B. Vitamin D
C. Vitamin K
D. Vitamin A
3. Which vitamin helps your blood clot and stop bleeding?
A. Vitamin C
B. Vitamin D
C. Vitamin K
D. Vitamin A

2. True or False (Write T for True or F for False.)

- _____ 1. Vitamin C helps keep your skin and gums healthy.
- _____ 2. Vitamin D helps your body absorb calcium and build strong bones.
- _____ 3. Vitamin K helps stop bleeding by helping your blood clot.
- _____ 4. Vitamin C is mainly found in dairy products.
- _____ 5. Vitamin D can be made by your skin when you get sunlight.

3. Fill in the Blanks (Use the correct vitamin: C, D, or K.)

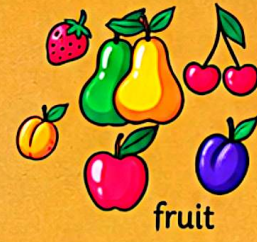
1. _____ keeps your skin and gums healthy and helps your body fight germs.
2. _____ helps your body absorb calcium and build strong bones and teeth.
3. _____ helps your blood clot and stop bleeding when you get a cut.
4. Foods rich in vitamin C include oranges, strawberries and bell peppers.
5. Foods rich in vitamin D include fish, eggs and sunlight.
6. Foods rich in vitamin K include leafy greens, broccoli and spinach.



C



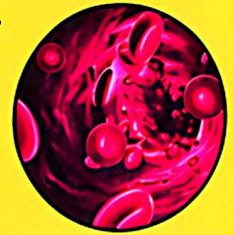
vegetables



fruit

✔ Vitamin C keeps the skin, gums and blood vessels healthy.

✔ Lack of vitamin C can lead to skin problems. Your gums may start bleeding and you easily get bruises.



D



fish



fat



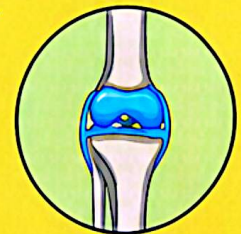
egg yolk



also made in the skin by sunlight

✔ Vitamin D helps your body use calcium to make your bones and teeth strong.

✔ Lack of vitamin D can lead to bone problems.



K



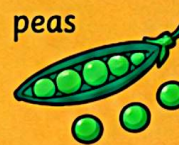
green tea



tomatoes



green vegetables



peas



egg yolk

✔ Vitamin K helps your body stop bleeding when you get a cut.

✔ Lack of vitamin K can lead to blood problems.

