

You Are What You Eat

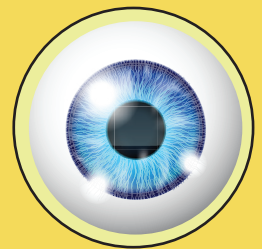
vitamins functions and Deficiency Effects

A

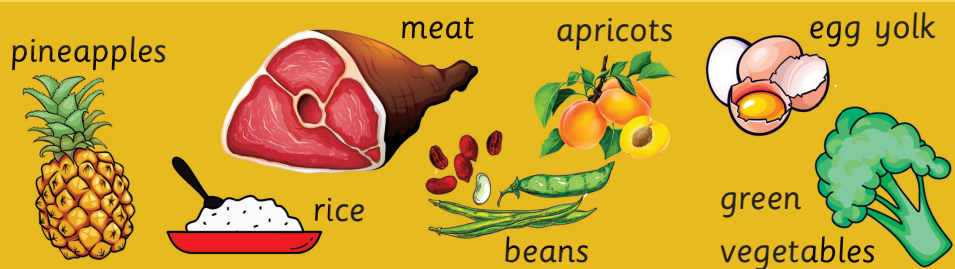


✓ Vitamin A keeps the eyes healthy.

✗ Lack of vitamin A can lead to eye problems. Lack of vitamin A can lead to eye problems.



B1

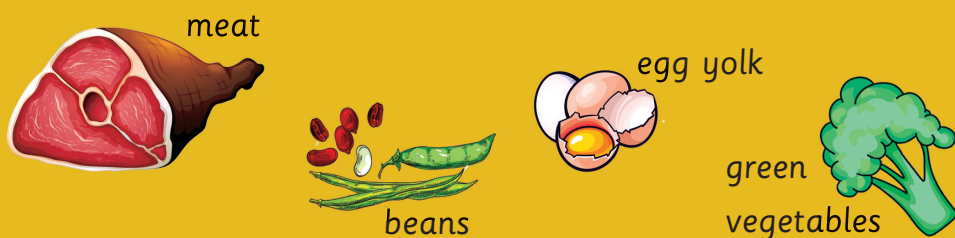


✓ Vitamin B1 keeps the nerves healthy.

✗ Lack of vitamin B can lead to diseases such as anemia. You may feel tired or weak.

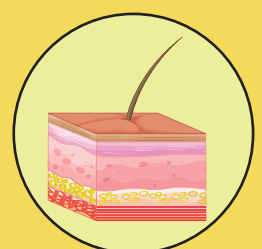


B2



✓ Vitamin B2 keeps the skin healthy.

✗ Lack of vitamin B can lead to diseases such as anemia. You may feel tired or weak.

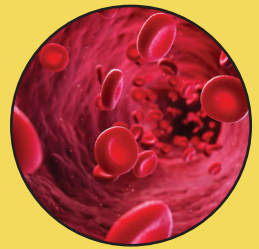


C

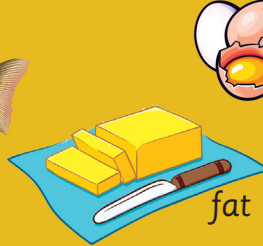
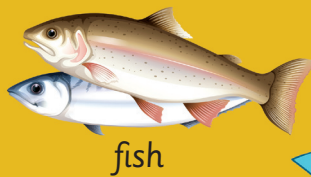


✓ Vitamin C keeps the skin, gums and blood vessels healthy.

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



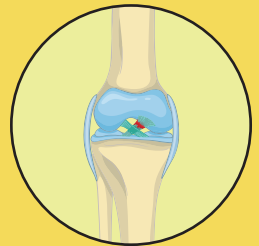
D



also made in the skin by sunlight

✓ Lack of vitamin D can lead to bone problems.

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



K

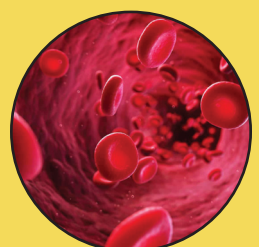


tomato



✓ Lack of vitamin K can lead to blood problems.

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





Vitamins Worksheet



A. Match the vitamin to its benefit (draw lines):



● Vitamin A

● Vitamin B1

● Vitamin B2

● Vitamin C

● Vitamin D

● Vitamin K

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•

•

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•

•

Helps you see better

Gives you energy

Good for skin and eyes

Fights colds

Strong bones

Helps blood clot



B. Circle the correct food source for each vitamin:



1. Vitamin A:

carrot

carrot

candy

chips



2. Vitamin C:

orange

orange

chocolate

soda



3. Vitamin D:

sunlight & fish



sunlight & fish

cake

ice cream



4. Vitamin K:

broccoli

broccoli

cookies

chips



5. Vitamin B1:



whole grains

sweets

soda

milk and eggs

candy

chips

C. Fill in the blanks:

a. Vitamin _____ helps your bones stay strong. _____

2. Vitamin _____ helps you fight colds. _____

3. Vitamin _____ is good for your eyes. _____

4. Vitamin _____ helps stop bleeding. _____



D. Short answer:



Name two foods that have Vitamin C.



Name one food that has Vitamin A.

Name: _____

Date: _____

