

Worksheet: Vitamins A, B1 and B2

Oct 14, 2026 · @kas

Name: _____ Class: _____ Date: _____

1. Warm-up

Talk with a partner.

1. What is your favourite healthy food? What is your favourite unhealthy food?
2. Do you know any vitamins? What do they do for your body?
3. Do you eat fruit and vegetables every day? Which ones?

2. Reading: Three Important Vitamins

Read the text. Then do the tasks below.

Vitamin A, vitamin B1 and vitamin B2 are three important vitamins. Our bodies need them every day, but we can't make enough of them, so we must get them from food.

Vitamin A helps us see, especially in the dark. It also keeps our skin healthy and helps us fight infections. Good sources are carrots, sweet potatoes, spinach, eggs and liver. If you don't get enough vitamin A, you may have trouble seeing at night.

Vitamin B1 (thiamine) helps the body turn food into energy. It is also important for the nerves and the heart. You can find it in whole grains, beans, nuts and pork. A lack of vitamin B1 can make you feel tired and weak.

Vitamin B2 (riboflavin) also helps the body get energy from food, and it keeps the skin and eyes healthy. Milk, yogurt, cheese, eggs and almonds are good sources. Without enough B2, you can get a sore mouth and sore lips.

Most healthy people don't need vitamin pills. A balanced diet with many different foods is usually enough.

3. Vocabulary

Match each word (1-8) with its meaning (a-h). Write the letter.

Word	Letter	Meaning
1. source	----	a. not strong
2. infection	----	b. a food or place that gives you something, like a vitamin
3. energy	----	c. an illness caused by germs
4. sore	----	d. the power that helps you move, work and think
5. weak	----	e. painful, especially when touched
6. lack	----	f. not having enough of something
7. balanced diet	----	g. eating the right amounts of different kinds of food
8. whole grains	----	h. bread, rice or cereal made from the whole seed

4. True or False?

Write T (true) or F (false). Correct the false sentences.

1. ____ Our bodies make all the vitamins we need.
2. ____ Vitamin A helps you see in the dark.
3. ____ Vitamin B1 is found in carrots.
4. ____ Vitamin B1 helps the body make energy from food.
5. ____ Eggs are a source of vitamin A and vitamin B2.
6. ____ Most healthy people must take vitamin pills every day.

5. Complete the Sentences and the Table

A. Fill each gap with a word from the box.

energy · skin · night · milk · tired · balanced

1. Vitamin A helps you see at _____.
2. You can get vitamin B2 from _____ and cheese.
3. Vitamin B1 helps your body make _____ from food.
4. Without enough B1, you can feel _____ and weak.

5. Vitamins A and B2 keep your _____ healthy.
6. A _____ diet gives you the vitamins you need.

B. Complete the table with information from the text.

Vitamin	What it does	Good food sources	Too little can cause...
A			
B1			
B2			

6. Speaking and Writing: My Healthy Day

Speaking. Ask your partner: *What did you eat yesterday? Which vitamins were in your food?*

Writing. Plan one healthy day of meals (60–80 words). Use at least two foods for each vitamin.

- For breakfast, I will have ... because it has vitamin ...
- For lunch, I would like ... It is a good source of ...
- I need vitamin ... because it helps me ...
- If I don't eat enough ..., I may ...

Answer Key (teacher)

- **3. Vocabulary:** 1 b · 2 c · 3 d · 4 e · 5 a · 6 f · 7 g · 8 h
- **4. True or False:** 1 F (we must get them from food) · 2 T · 3 F (carrots have vitamin A; B1 is in whole grains, beans, nuts, pork) · 4 T · 5 T · 6 F (a balanced diet is usually enough)
- **5A. Gaps:** 1 night · 2 milk · 3 energy · 4 tired · 5 skin · 6 balanced
- **5B. Table:**

Vitamin	What it does	Good food sources	Too little can cause...
A	Helps us see in the dark; healthy skin; fights infections	Carrots, sweet potatoes, spinach, eggs, liver	Trouble seeing at night

Vitamin	What it does	Good food sources	Too little can cause...
B1	Turns food into energy; nerves and heart	Whole grains, beans, nuts, pork	Feeling tired and weak
B2	Gets energy from food; healthy skin and eyes	Milk, yogurt, cheese, eggs, almonds	Sore mouth and sore lips