

Complete the sentences. (5 points)

6. Vitamin A keeps our _____ healthy.
7. Vitamin C keeps our skin, gums, and blood vessels _____.
8. Vitamin D helps make our bones and teeth _____.
9. Vitamin K helps stop _____.
10. Vitamin B1 helps our body have more _____.

Answer the questions. (3 points)

6. Name two foods that contain vitamin C.
7. Which vitamin helps keep our skin healthy?
8. What can happen if you don't get enough vitamin D?

Choose the correct answer. (1 point)

9. Which vitamin helps our body stop bleeding?

- a) Vitamin A
- b) Vitamin K
- c) Vitamin D

D. True or False? (1 point)

10. Sunlight helps our skin make vitamin D.

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