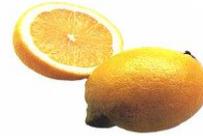


Vitamin Information Worksheet



Vitamin C



Is a nutrient that can stop colds, heal broken bones and scrapes and keep your teeth looking good.

Vitamin C - Why Is It Good For You?

Vitamin C is important for keeping your body working and growing right.

Vitamin C is needed to help hold cells (tiny living things that make up your entire) in your body together.

It is needed to have healthy bones, teeth and blood vessels (the things that carry the blood from your heart to the rest of your body).

Vitamin C also strengthens your cold fighting system, helps cuts heal and keeps your mind working

Vitamin C - What Foods Can It Be Found In?

Vitamin C is found in citrus fruits such as oranges, limes, lemons and grapefruit, as well as other fruits like cantaloupe and strawberries. Vitamin C is also found in many vegetables including tomatoes, green pepper, broccoli, cabbage and potatoes.



Vitamin C - Did U Know?

- Most animals make their own vitamin C. Humans, gorillas, chimps and guinea pigs can't!

Vitamin Information worksheet



Vitamin A



It is important to eat foods with Vitamin A. Do you know why your body needs it?

Vitamin A - Why Is It Good For You?

Like most vitamins and minerals, Vitamin A helps your bones grow and keeps your body healthy.

Vitamin A also plays a special role in your eyesight. Vitamin A helps you see at night.

Vitamin A also keeps your skin and hair healthy and shiny. If a person doesn't get enough vitamin A for a long time, then they will become blind at night. Not many people in North America have this problem but many in other countries do.



Vitamin A - What Foods Can It Be Found In?

Give your body the vitamin A it needs by filling up on milk, carrots, spinach, sweet potatoes, liver and orange-colored fruits such as apricots, peaches, nectarines, cantaloupe and mangos.

Vitamin A can be lost from foods when you cook them, so bake or broil your meats instead of frying them, and steam your veggies - or just eat 'em raw.

Vitamin A - Did U Know?

- Vitamin A can be used in cosmetics (make-up), to treat skin problems like acne and wrinkles.

Vitamin Information worksheet



Vitamin D

Vitamin D - Why Is It Good For You?

Vitamin D is important because it helps make bones, helps your bones grow and keeps your bones strong.

It works with other vitamins and minerals, like calcium, to make bones. Without vitamin D, your bones can get thin and weak.



Vitamin D - What Foods Can It Be Found In?

In North America, vitamin D is added to milk, margarine, butter and cereals.

Vitamin D can also be found in egg yolks and fatty fish like salmon and mackerel.

The most important place you get vitamin D is the sun. When the sun hits your body, it tells the skin to make vitamin D. Even though vitamin D from the sun is good, it is still important to wear sunscreen.

Vitamin D - Did U Know?

- Vitamin D is called the sunshine vitamin

Vitamin Information worksheet



Vitamin E

Vitamin E - Why Is It Good For You?

Vitamin E fights things that are harmful to your body.

These things can cause disease in your body, but Vitamin E helps fight the disease.

It also helps your heart.



Vitamin E - What Foods Can It Be Found In?

The best foods to eat to get enough vitamin E are green leafy vegetables, whole grain breads and cereals, peanuts, walnuts, almonds and vegetable oils (safflower, corn, soybeans)

Vitamin E is also sold in bottles and can be used on your skin. People think it stops wrinkles and dry skin.

Vitamin E - Did U Know?

- Scientist think Vitamin E will keep your eyes healthy too!

Vitamin Information worksheet



Vitamin B



It is important to eat foods with Vitamin B. Do you know why your body needs it?

Vitamin B - Why Is It Good For You?

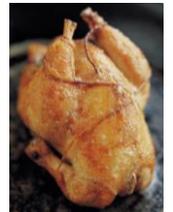
Vitamin B helps your body make protein. It also helps make energy and set it free when your body needs it. You can thank Vitamin B the next time you are running around.

Vitamin B also plays a very important role in your blood. Vitamin B helps make red blood cells which carry oxygen throughout your body. Your whole body needs oxygen to work, so Vitamin B is very important to us.

Vitamin B - What Foods Can It Be Found In?

Give your body the vitamin B it needs by filling up on leafy green vegetables, whole grains (such as wheat and oats), beans and peas.

Vitamin B can also be found in eggs, fish and seafood, chicken and meat, and dairy products like milk and yogurt.



Vitamin B - Did U Know?

- There is more than 1 vitamin B. There is a whole group of them: B1, B2, B6, B12, niacin, folic acid, biotin, and pantothenic acid.
- Vitamin B doesn't get stored in your body as much as some other vitamins, so we need to be sure to eat vitamin B foods often.