

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Vitamins Chart

Mr Vitamin wants to be healthy and fit. Help him by telling more about different types of vitamins, their benefits and sources.

Type	Benefits	Sources
Vitamin A		
Vitamin B12		
Vitamin B6		
Vitamin B1 (Thiamin)		
Vitamin B2 (Niacin)		
Vitamin B3 (Riboflavin)		
Vitamin C		
Vitamin D		
Vitamin E		
Vitamin K		
Folate (Folic Acid)		

## Vitamins Chart - ANSWER KEY



Mr Vitamin wants to be healthy and fit. Help him by telling more about different types of vitamins, their benefits and sources.

Type	Benefits	Sources
<b>Vitamin A</b>	Bone development, good for eyes	Milk, eggs, orange and green vegetables like carrots
<b>Vitamin B12</b>	Helps to make red blood cells	Fish, red meat, poultry, milk, cheese, and eggs
<b>Vitamin B6</b>	Important for normal brain and nerve function	Potatoes, bananas, beans, nuts, red meat, poultry, fish, eggs, spinach
<b>Vitamin B1(Thiamin)</b>	It helps the body convert carbohydrates into energy	Fortified breads, cereals, and pasta; meat and fish; dried beans, soy foods
<b>Vitamin B2(Niacin)</b>	It helps maintain healthy skin and is important for nerve function	Red meat, poultry, fish and peanuts
<b>Vitamin B3 (Riboflavin)</b>	It is essential for turning carbohydrates into energy and producing red blood cells	Meat, eggs, legumes, nuts, dairy products, green leafy vegetables
<b>Vitamin C</b>	It's essential for healthy bones, teeth, gums, and blood vessels	Red berries, kiwi, tomatoes, broccoli, spinach, orange
<b>Vitamin D</b>	It helps the body to absorb bone-building calcium	Sunlight, egg yolks, fish oils
<b>Vitamin E</b>	It is an antioxidant and helps protect cells from damage	Vegetable oils, nuts, and green leafy vegetables
<b>Vitamin K</b>	Essential for blood clotting	Oats, wheat, rye, and alfalfa
<b>Folate (Folic Acid)</b>	It helps the body to make red blood cells and DNA	Dried beans and other legumes, green leafy vegetables