



Name _____

Class _____ Roll no. _____

MATCH THE FOLLOWING

1. Vitamin A

a. Turns food into energy - Eggs, fish, meat, apple, cauliflower, beans, milk.

2. Vitamin B

b. Strong Teeth and bones - Sunshine, fish, milk, yoghurt, cheese.

3. Vitamin C

c. Makes your eyes, teeth and skin strong. Helps to fight diseases - Milk, eggs, cereals, green vegetables and fruits like spinach, carrot, mango, papaya, guava.

4. Vitamin D

d. Strong gums and helps fight infection - Lemons, oranges, guavas, strawberries, potatoes.

5. Vitamin E

e. Good for blood - Eggs, spinach, tomato, cabbage, grains.

6. Vitamin K

f. good for your skin and heart - Nuts, pumpkin, watermelon, spinach.

7. Calcium

g. Good for blood and also required for growth and development - Meat, fish, beans, spinach, lady's finger, walnuts, oranges.

8. Iron

h. Strong bones and teeth -Milk, yoghurt, cheese, spinach, beans, almonds.