



Subject :GK Class :one topic : Vitamins

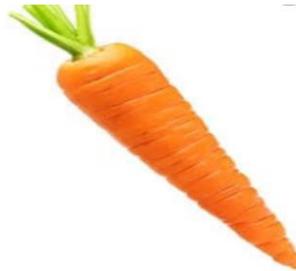
Worksheet 1

Vitamins:

Vitamins are things that is found in foods and keep us healthy.

Vitamin A

Vitamin A keeps our eyes and skin healthy. We can get vitamin A from mango, carrot and green leaf vegetables.



Picture: sources of vitamin A

Vitamin B

Vitamin B gives us energy. We can get vitamin B from milk, cheese and nuts.



Picture: sources of vitamin B

Answer the following questions:

Q1. Which things keep us healthy?

Answer: Vitamins.

Q2. Which vitamin keeps our eyes and skin healthy?

Answer: Vitamin A

Q3. Name three sources of Vitamin A?

Answer: Three sources of vitamin A are mango, carrot and green leaf vegetables.

Q4. Which vitamin gives us energy?

Answer: Vitamin B

Q5. Name three sources of Vitamin B?

Answer: Three sources of vitamin B are Milk, cheese and nuts.
