



Subject :GK Class :one topic : Vitamin C &D
Worksheet 2

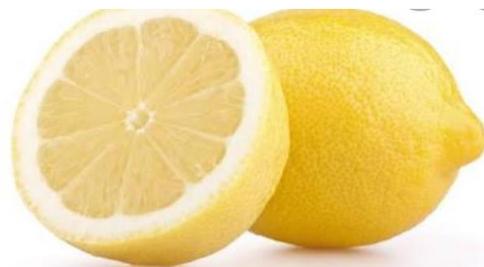
Vitamin C

Benefits

- Helps us to fight with various diseases
- Recovers our wound quickly.

Sources

We can get vitamin C from lemon, pineapple and papaya.



Picture: sources of vitamin C

Vitamin D

Benefit

- Makes our teeth and bones stronger

Sources

We can get vitamin D from sunlight, fish and egg yolk.



Picture: sources of vitamin D

Answer the following questions:

Q1. Which vitamin helps us to fight with diseases?

Answer: Vitamin C.

Q2. Which vitamin recovers our wound quickly?

Answer: Vitamin C

Q3. Name three sources of Vitamin C?

Answer: Three sources of vitamin C are lemon, pineapple and papaya.

Q4. Which vitamin makes our teeth and bones stronger?

Answer: Vitamin D.

Q5. Name three sources of Vitamin D?

Answer: Three sources of vitamin D are sunlight, fish and egg yolk.
