



Subject :GK Class :one topic : Vitamin E &K
Worksheet 3

Vitamin E

Benefits

- Cleans blood vessels.
- Keeps our heart healthy.

Sources

We can get vitamin E from pumpkin, shrimp and nuts.



Picture: sources of vitamin E

Vitamin K

Benefit

- Important for blood clotting.
- Keeps our blood healthy.

Sources

We can get vitamin K from broccoli, cabbage and spinach.



Picture: sources of vitamin K

Answer the following questions:

Q1. Which vitamin keeps our heart healthy?

Answer: Vitamin E.

Q2. Which vitamin cleans our blood vessel?

Answer: Vitamin E

Q3. Name three sources of Vitamin E?

Answer: Three sources of vitamin E are pumpkin, shrimp and nuts.

Q4. Which vitamin helps for blood clotting?

Answer: Vitamin K

Q5. Name three sources of Vitamin K?

Answer: Three sources of vitamin K are broccoli, cabbage and spinach.
