

Vitamins

Name \_\_\_\_\_ Date \_\_\_\_\_

### VITAMIN A

Choose the best answer for each question.

1. Which food should you choose for vitamin A?
  - a. broccoli
  - b. milk
  - c. pork
  - d. bread
  
2. Which other foods are rich in vitamin A?
  - a. apples and bananas
  - b. oranges and grapefruit
  - c. carrots and pumpkins
  - d. onions and potatoes
  
3. Alex wants to get enough vitamin A because it is good for...
  - a. digestion
  - b. eyes
  - c. red blood cells
  - d. fighting infection
  
4. What else is vitamin A good for?
  - a. your skin
  - b. your hair
  - c. your liver
  - d. your mood
  
5. What might happen if you don't have enough vitamin A?
  - a. scurvy
  - b. rickets
  - c. depression
  - d. night blindness
  
6. List four foods that contain vitamin A and have a in the word.
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_