

Vitamins

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

### VITAMIN E

Choose the best answer for each question.

1. Which food should you choose for vitamin E?
  - a. broccoli
  - b. milk
  - c. pork
  - d. bread
  
2. Which other foods are rich in vitamin E?
  - a. eggs and avocados
  - b. oranges and grapefruit
  - c. carrots and pumpkins
  - d. onions and potatoes
  
3. Em wants to get enough vitamin E because it is good for...
  - a. digestion
  - b. eyes
  - c. blood
  - d. fighting infection
  
4. What else is vitamin E 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 E?
  - a. scurvy
  - b. rickets
  - c. depression
  - d. skin problems
  
6. Think of a good mnemonic to help you remember at least one source of vitamin E.  
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