

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.

