Name: _____

Healthy Building Blocks

Vitamins are essential nutrients for good health. Humans get most of their vitamins from food. Read the chart to learn more about the sources of various vitamins and how they function to keep people healthy.

VITAMIN	SOURCES	FUNCTION
A	Dairy products; eggs; liver; yellow, orange, and dark green vegetables; fruit	Maintains healthy skin, bones, teeth, and hair; aids vision
B1	Legumes (peas and beans); nuts; pork; liver; whole-grain foods	Needed for a strong nervous system and heart; aids digestion
B2	Fish; dairy products; leafy green vegetables; whole-grain bread	Needed for normal human growth
B12	Meat; fish; poultry; dairy products	Helps produce DNA in the body's cells. DNA is the code that governs each cell's activities.
C	Citrus fruits; tomatoes; potatoes; dark green vegetables; mangoes	Needed to fight infection and produce strong bones and ligaments
D	Dairy products with the vitamin added to them; fish; eggs; liver; made by body with help of sunlight	Keeps bones and teeth strong by helping the body use calcium effectively
E	Vegetable oils; leafy green vegetables; whole-grain foods; nuts	Aids in the maintenance of red blood cells
K	Leafy green vegetables; milk; liver; also made by body in the intestines	Aids in clotting of blood

1. Eggs, and yellow and orange vegetables are a main source of what vitamin?

_____

2. According to the chart, which vitamin helps strengthen the nervous system and heart?

_____

_____

3. If a person were told to take a vitamin to help fight a cold, which vitamin would **most likely** be best for that purpose?

_____

4. Which of the following would be the **best** source of vitamin B2: oranges, milk, or peanuts?

_____

_____

FOR MORE SKILLS PAGES, VISIT WWW.SCHOLASTIC.COM/SN56.

©2009 by Scholastic Inc. Teachers may make copies of this page to distribute to their students.