



Name: Form:

Based on pages 16 and 17 of *Keeping healthy*

Foods that help to keep disease away

Try this...

1. Read this passage about why we need certain vitamins.

The surface of the body is not just made up of skin. It also includes the moist surfaces inside the body, like the lining of the nose and mouth. All these surfaces can be damaged if the body does not get enough vitamin A and C. Vitamin B helps the body use the energy in food to keep all parts of the body healthy.

2. Vitamin A is found in the following foods: butter, margarine, milk, liver, fish liver oils, carrots, tomatoes, apricots, mangoes, red peppers, spinach and kale.

Keep a record of what you eat for one week. Look at your diet and write down the meals which contain vitamin A.



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3. Vitamin B is found in lean meat, liver and kidneys, fish, potatoes, beans, nuts, brown rice, milk, eggs and breakfast cereals.

Look at your diet and write down the meals which contain vitamin B.



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4. Vitamin C is found in oranges, lemons, limes, blackcurrant, strawberries, kiwi fruit, potatoes, cabbage, sprouts, peppers and tomatoes.

Look at your diet and write down the meals which contain vitamin C.



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Looking at the results.

5. What do your results show?



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