



Name: Form:

See pages 6 and 7 of *Keeping healthy*

Too few vitamins and too little fibre

The body needs a range of materials to remain healthy. However, if some vital ingredient is missing, poor health and even death can result.

Banana

Milk

Fish oil

Orange

Celery

Liver

Lime

Beans

Lemon

Q1. (i) Draw a circle round the names of foods that are rich in vitamin D; (ii) Draw a square round the names of food that are rich in vitamin C; (iii) underline the names of foods that are rich in fibre.

Q2. What disease do people get if their diet lacks vitamin D?



Q3. What disease do people get if their diet lacks vitamin C?



Q4. What substance helps to carry undigested food through the gut?



Q5. Who was James Lind? 

Q6. What did James Lind do in 1753?



