Name: Date: Score: / 8

Vitamin Jobs: Learn and Practice

What does each vitamin help your body do?

Read the box. Circle the vitamin that does each job.

Vitamin jobs

- Vitamin A helps your eyes see in dim light and keeps your skin healthy.
- Vitamin B6 helps your body turn food into energy.
- Vitamin C helps cuts heal and helps your body fight germs.
- Vitamin E protects your cells.
- Vitamin K helps your blood clot after a cut and builds strong bones.
- Folate helps your body make new cells so you can grow.

1. Which vitamin helps cuts heal and helps your body fight germs?
   A. Vitamin C B. Folate C. Vitamin E

2. Which vitamin helps your blood clot after a cut and builds strong bones?
   A. Vitamin E B. Vitamin K C. Vitamin A

3. Which vitamin helps your eyes see in dim light and keeps your skin healthy?
   A. Folate B. Vitamin B6 C. Vitamin A

4. Which vitamin protects your cells?
   A. Folate B. Vitamin B6 C. Vitamin E

5. Which vitamin helps your blood clot after a cut and builds strong bones?
   A. Vitamin K B. Vitamin E C. Folate

6. Which vitamin helps your body make new cells so you can grow?
   A. Folate B. Vitamin K C. Vitamin C

7. Which vitamin helps cuts heal and helps your body fight germs?
   A. Vitamin A B. Vitamin C C. Vitamin E

8. Which vitamin helps your body turn food into energy?
   A. Vitamin B6 B. Vitamin K C. Vitamin C

Draw a fruit and a speech bubble that tells its vitamin job.

ANSWER KEY

Vitamin Jobs: Learn and Practice (answers)

What does each vitamin help your body do?

Read the box. Circle the vitamin that does each job.

1. Which vitamin helps cuts heal and helps your body fight germs?

A. Vitamin C B. Folate C. Vitamin E

Vitamin C helps cuts heal and helps your body fight germs.

2. Which vitamin helps your blood clot after a cut and builds strong bones?

A. Vitamin E **B. Vitamin K** C. Vitamin A

Vitamin K helps your blood clot after a cut and builds strong bones.

3. Which vitamin helps your eyes see in dim light and keeps your skin healthy?

A. Folate B. Vitamin B6 **C. Vitamin A**

Vitamin A helps your eyes see in dim light and keeps your skin healthy.

4. Which vitamin protects your cells?

A. Folate B. Vitamin B6 **C. Vitamin E**

Vitamin E protects your cells.

5. Which vitamin helps your blood clot after a cut and builds strong bones?

A. Vitamin K B. Vitamin E C. Folate

Vitamin K helps your blood clot after a cut and builds strong bones.

6. Which vitamin helps your body make new cells so you can grow?

A. Folate B. Vitamin K C. Vitamin C

Folate helps your body make new cells so you can grow.

7. Which vitamin helps cuts heal and helps your body fight germs?

A. Vitamin A **B. Vitamin C** C. Vitamin E

Vitamin C helps cuts heal and helps your body fight germs.

8. Which vitamin helps your body turn food into energy?

A. Vitamin B6 B. Vitamin K C. Vitamin C

Vitamin B6 helps your body turn food into energy.