

# Nutrients

Name:

Date:



Read the following tweets from fitness and health influencer "healthy.eva".



**Healthy Eva** @Healthy.Eva

Feeling tired after school? Boost your energy with @VitaBoost supplements! ⚡ Stay active and ace those exams! #HealthyEva #VitaBoost #StayEnergized



**Healthy Eva** @Healthy.Eva

Want glowing skin and strong nails? Try @VitaBoost! It's like magic in a bottle! ✨ #BeautyGoals #HealthyEva #VitaBoost



**Healthy Eva** @Healthy.Eva

Struggling to focus in class? @VitaBoost vitamins are here to save the day! 🧠💡 Get sharp, stay smart! #StudyHacks #HealthyEva #VitaBoost



**Healthy Eva** @Healthy.Eva

Say goodbye to post-practice soreness with @VitaBoost! Recover faster and get back to doing what you love! 🏀💪 #NoPainNoGain #HealthyEva #VitaBoost



**Healthy Eva** @Healthy.Eva

Need a little pick-me-up? @VitaBoost is your new best friend! Perfect for busy teens who want to stay healthy and active! 🌈💖 #TeenLife #HealthyEva #VitaBoost

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**What's your impression of the tweets? Would you try the promoted products?**

Room for your notes.

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## The Power of Vitamins

Vitamins are like tiny helpers that keep our bodies healthy and strong. They are special nutrients we need to grow, stay strong, and fight off sickness. You can find vitamins in many foods like fruits, vegetables, and even in some meats and dairy products.

## Why Are Vitamins Important?

Each vitamin has a special job to do in our bodies. Here are a few important ones:

- **Vitamin A:** This vitamin is good for your eyes. It helps you see better, especially in the dark. You can find it in carrots, sweet potatoes, and spinach.
- **Vitamin B:** There are different types of Vitamin B. They help your body make energy from the food you eat. You can get them from foods like fish, chicken, eggs, and beans.
- **Vitamin C:** This vitamin helps your body heal when you get a cut or bruise. It also helps your body fight off colds. Oranges, strawberries, and bell peppers are full of Vitamin C.
- **Vitamin D:** Known as the "sunshine vitamin," Vitamin D helps your bones stay strong. Your skin makes Vitamin D when you are in the sunlight. You can also get it from milk, fish, and eggs.
- **Vitamin E:** This vitamin is good for your skin and helps protect your cells from damage. You can find it in nuts, seeds, and green leafy vegetables.
- **Vitamin K:** Vitamin K helps your blood clot so you don't bleed too much when you get hurt. It is in green vegetables like broccoli and kale.

## How to Get Enough Vitamins

To get enough vitamins, eat a variety of foods every day. Make sure to include lots of colorful fruits and vegetables in your meals. Sometimes, doctors might suggest taking a vitamin pill if you're not getting enough from food.

Remember, vitamins are your friends. They help keep you healthy and full of energy. So, the next time you eat a fruit or vegetable, think about all the good things it is doing for your body!

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**Tick the correct answer.**

**Which vitamin is essential for good vision, particularly in low light conditions?**

- ☐ Vitamin B   ☐ Vitamin E   ☐ Vitamin C   ☐ Vitamin A

**If someone is feeling tired and has low energy levels, which vitamin might they be lacking?**

- ☐ Vitamin B   ☐ Vitamin K   ☐ Vitamin D   ☐ Vitamin A

**Which vitamin is crucial for the healing of cuts and bruises and boosting the immune system?**

- ☐ Vitamin A   ☐ Vitamin K   ☐ Vitamin D   ☐ Vitamin C

**Which food is a good source of Vitamin D, apart from sunlight exposure?**

- ☐ Milk   ☐ Carrots   ☐ Strawberries   ☐ Beans

**Why might someone consume nuts and seeds for their skin health?**

- ☐ They are high in Vitamin E, which is good for skin health.  
☐ They are rich in Vitamin C, which helps with healing.  
☐ They provide Vitamin K, which helps in blood clotting.  
☐ They contain Vitamin D, which strengthens bones.

**Which vitamin would you likely get from eating broccoli and kale?**

- ☐ Vitamin E   ☐ Vitamin A   ☐ Vitamin K   ☐ Vitamin B

**How can you ensure you are getting a variety of vitamins in your diet?**

- ☐ Eat a variety of colorful fruits and vegetables every day.   ☐ Eat only dairy products and meat.  
☐ Eat only green leafy vegetables.   ☐ Take vitamin supplements instead of eating food.

**Which vitamin is known as the 'sunshine vitamin' and why?**

- ☐ Vitamin A, because it helps you see better.   ☐ Vitamin C, because it helps fight off colds.  
☐ Vitamin D, because your skin makes it when exposed to sunlight.  
☐ Vitamin E, because it protects your cells from damage.

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## Match the pairs.

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin E

Vitamin K

Helps your blood clot

Helps your body heal and fight off colds

Helps your body make energy from food

Good for your skin and protects your cells

Helps your bones stay strong

Helps you see better, especially in the dark

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**As you can see, these nutrients are extremely important for a healthy body.**

But is it worth taking supplements for optimal nutrition? Read the following text to find out.

## Should You Take Vitamin Supplements?

Many people wonder if taking vitamin supplements is a good idea. Vitamins are important for our health, helping our bodies work properly. You can get vitamins from the food you eat, like fruits, vegetables, and meats. However, some people think they need extra vitamins in the form of pills.

Sometimes, taking a vitamin supplement can be helpful. For example, if you don't get enough vitamins from your food, a doctor might suggest a supplement. This can happen if you have a health condition or if you follow a strict diet. Pregnant women often take extra vitamins to help their babies grow healthy. But, it's not always a good idea to take vitamin supplements without asking a doctor. Taking too many vitamins can actually be harmful. For instance, too much vitamin A can hurt your liver, and too much vitamin C can cause stomach problems.

It's usually best to get your vitamins from food. A balanced diet with a variety of foods will give you most of the vitamins you need. If you think you need a supplement, talk to a doctor first to make sure it's safe for you.