

1 ANSWER THE FOLLOWING QUESTIONS IN YOUR OWN WORDS !

Who discovered what later turned out to be vitamins ? _____

How many vitamins do we know today? _____

Describe beriberi and scurvy ! _____

Where can the following vitamins be found and what part of the body do they help?

VITAMIN	FOOD THAT THEY ARE IN	EFFECTS ON YOU BODY
Vitamin A		
Vitamin B1		
Vitamin B12		
Vitamin C		
Vitamin D		
Vitamin K		

2 EXPLAIN IN ENGLISH !

discover _____

intestine _____

investigate _____

lemon _____

necessary _____

store _____

tissue _____

supplements _____

3 TRUE OR FALSE

	T	F
Vitamins cause chemical changes in cells		
Scurvy can be cured by eating oranges and lemons.		
People who do not get enough vitamin A have problems with their nervous system		
Vitamin B 1 changes starchy food into energy		
Vitamin B 12 helps produce white blood cells.		
Our body can store a lot of vitamin C in it		
We need vitamin D to get healthy bones		
Vitamin K helps to make blood thicker		
Everybody needs vitamin supplements.		

4 MATCH THE WORDS WITH THE DEFINITIONS

A	cabbage		to stop something from happening
B	involve		meat from a pig
C	pork		round green seed that can be cooked and eaten as a vegetable
D	prevent		large round vegetable with thick green and purple leaves
E	spinach		to keep something in a place and get it when you need it
F	store		long tube in your body through which food passes after it goes through your stomach
G	pea		to be a part of something
H	intestine		vegetable with dark green leaves

5 HOW CAN WE STAY HEALTHY BY EATING THE RIGHT THINGS? WHAT IS NECESSARY FOR OUR BODY TO KEEP HEALTHY? WHAT KIND OF DIET (=ERNÄHRUNG) WOULD YOU RECOMMEND? DO YOU ALWAYS EAT HEALTHY FOOD ? WRITE AN ESSAY!

