

**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.		✓

**MATCH THE WORDS WITH THE DEFINITIONS**

A	cabbage
B	involve
C	pork
D	prevent
E	spinach
F	store
G	pea
H	intestine

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