

# Vitamins And Minerals

## 1. Answer the following questions:

A. What are vitamins and minerals?

---

---

B. What are different kinds of vitamins?

---

---

C. What are protective food?

---

---

D. What are vitamin rich foods?

---

---

## 2. Fill in the blanks.

A. It is found in \_\_\_\_\_ vegetables.

B. Eggs are rich in \_\_\_\_\_.

C. Food gives us \_\_\_\_\_.

D. Iron is needed for making \_\_\_\_\_.

**3. Write True or False:-**

A. Growing children need more proteins.

B. It is found in green vegetables.

C. These are Vitamin A, Vitamin B, Vitamin D, and Vitamin E.

D. Vitamins help us to grow.