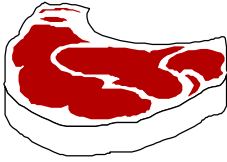
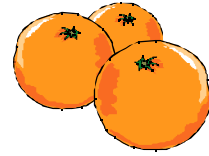

VITAMIN MATCH GAME

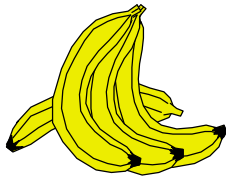
On this page there is a list of vitamins and pictures of food. Draw a line from the vitamins to the foods that contain them. Keep in mind that some foods can have more than one vitamin. Good luck!



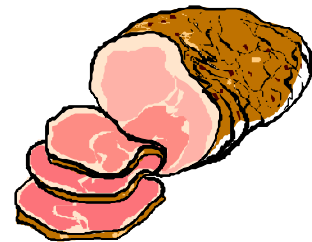
Vitamin A



Vitamin D



Vitamin E

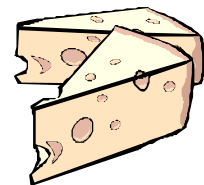


Vitamin K



Thiamin

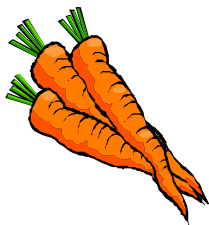
Riboflavin



Niacin



Vitamin B₆



Folate



Vitamin B₁₂



Vitamin C



VITAMIN MATCH GAME

ANSWER KEY:

Vitamin A – carrots, milk

Vitamin D – milk

Vitamin E – nuts

Vitamin K – cabbage, milk, meat

Thiamin – ham

Riboflavin – cheese, milk, asparagus

Niacin – mushrooms

Vitamin B6 – banana

Folate – asparagus

Vitamin B12 – meat, cheese, milk

Vitamin C – oranges