Vitamin Matching 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 – 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