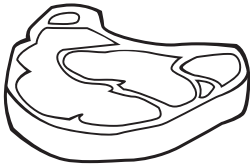
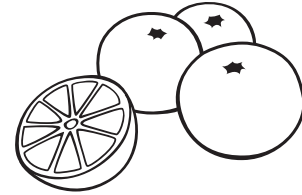


Vitamin Matching Game

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!



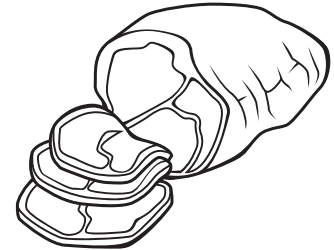
Vitamin A



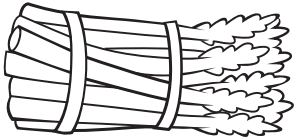
Vitamin D



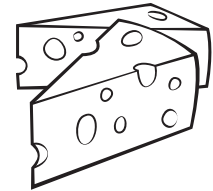
Vitamin E



Vitamin K



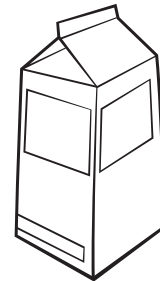
Thiamin



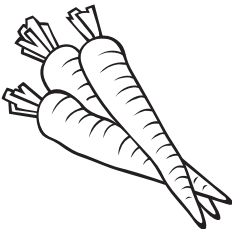
Riboflavin



Niacin

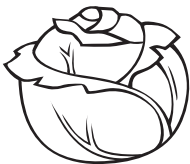


Vitamin B6



Folate

Vitamin B12



Vitamin C



Vitamin Matching Game 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