


Student Name: \_\_\_\_\_

#### INSTRUCTIONS

1. Open Studentlink. Click on the **Grade 4 door**. Click on **Health and Physical Education**. At the top of the Healthy Living Column, click on KHO: **Staying Healthy**.
2. Scroll down until you see the heading **Fabulous Food**. Below that click on **Vitamins**.  


# Vitamins

1. Name four vitamins and explain how they help us.

| VITAMIN | HOW IT HELPS |
|---------|--------------|
|         |              |
|         |              |
|         |              |
|         |              |

2. What are the two types of vitamins and where are they found?

3. Can you think of another way we can get vitamins besides the way you identified in question 2?

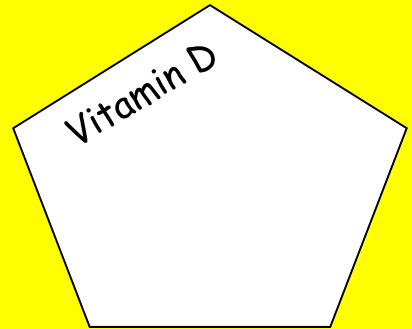
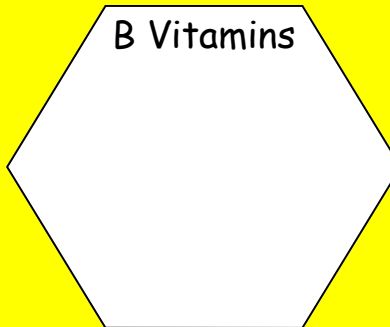
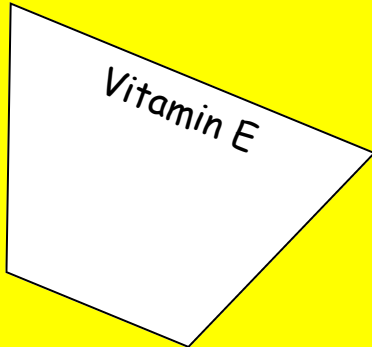
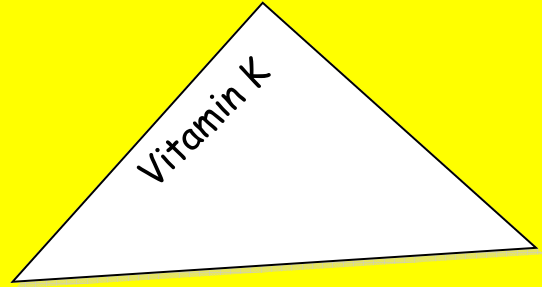
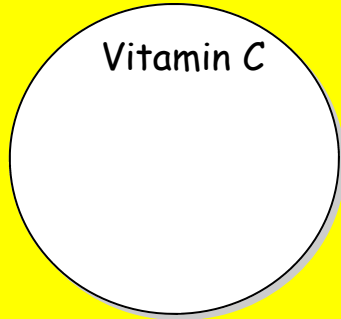
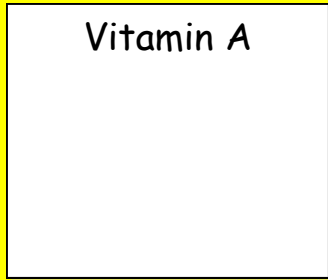
4. Use the chart below to **compare** water soluble and fat soluble vitamins:



| Water Soluble Vitamins | Fat Soluble Vitamins |
|------------------------|----------------------|
|                        |                      |

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5. Read about the different vitamins and add information to the picture below.



6.  
Design a meal that would provide many of the vitamins and minerals our bodies need to function. Label the food and its vitamins/minerals.

