



Vitamin \_\_\_\_ is essential for healthy vision and can be found in carrots, egg yolk and apricots.



This antioxidant \_\_\_\_\_ helps fight infection, boost iron absorption and maintain healthy gums.



We need vitamin \_\_\_\_ to help our blood clot normally.



Vitamin \_\_\_\_ is essential for building strong bones and we can get it from sunlight!



Milk, almonds, spinach and other leafy greens are excellent sources of \_\_\_\_\_ which is essential for healthy bones.



Fruits and vegetables are the main source of \_\_\_\_\_ and will keep your heart healthy!



A healthy digestive system requires \_\_\_\_\_ found in fruits, vegetables and whole grains.



Make sure to get 60 minutes of \_\_\_\_\_ per day.



More than 50% of the human body is made up of \_\_\_\_\_. Drink this instead sweetened beverages.



Vitamin \_\_\_\_ is only found in meat and dairy sources. Our nervous system and red blood cells depend on it.

