**Vitamins**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_Period\_\_\_\_\_\_**

**Directions:**  Using the list of the following terms complete a four square (Vitamin A, C, D, E, and K, Folate, Niacin, Riboflavin, Thiamin, Vitamin B6, B12. Use your phones if need be to help define the terms. When you are finished with all 11, cut out the boxes and create a booklet by stacking the 4-square cards and stapling the top and bottom left corners.

|  |  |
| --- | --- |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  Name of Term |
|  |  |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  1. |

|  |  |
| --- | --- |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  2. |
|  |  |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  *3.* |

|  |  |
| --- | --- |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  4. |
|  |  |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  *5.* |

|  |  |
| --- | --- |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  6. |
|  |  |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  *7.* |

|  |  |
| --- | --- |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  8. |
|  |  |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  *9.* |

|  |  |
| --- | --- |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  10. |
|  |  |
| **Where does it come from?** | **Why is it important to the human body?** |
| **Found in what types of food?** | **Deficiency problems?**  11. |