

## Curriculum Planning & Development Division, Ministry of Education

**NAME:**

### WORKSHEET

### FAT-SOLUBLE VITAMINS

HIGHLIGHT THE VITAMIN THAT BEST MATCHES THE STATEMENT. (2 marks each)

Total- 20 marks.

<b>For example:</b> <b>Without this vitamin, night blindness can develop.</b>	<b>A</b>	<b>D</b>	<b>E</b>	<b>K</b>
This vitamin is needed for the making of bone proteins. It can be found in many green vegetables.	A	D	E	K
It prevents the oxidation of fatty acids and other lipids	A	D	E	K
Retinol can be found in carrots, parsley, tomatoes and pumpkin	A	D	E	K
Too much of this vitamin can result in calcification. The extra calcium can be deposited in the lungs and kidneys which can lead to death.	A	D	E	K
Other than sunlight, you can also find this vitamin in liver, oily fish, egg yolk and dairy products	A	D	E	K
This vitamin is an antioxidant that protects cells from free radicals. Lettuce, peanuts, seeds, and oils especially sunflower oil is a good source.	A	D	E	K
Without this vitamin the skin and mucous membranes become dry and infected.	A	D	E	K
A lack of this vitamin can lead to rickets and osteomalacia	A	D	E	K
Needed to help blood clot after an injury.	A	D	E	K
This vitamin helps to promote the absorption of calcium and phosphorus, which helps develop strong bones and teeth.	A	D	E	K