



# Vitamins as Necessary Nutrients

## Another View

This book talks about vitamins. Ask a librarian or another adult to help you find a second source about vitamins. Write a paragraph comparing and contrasting the new source's information with that of this book. What information is the same? What information is different?





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## Say What?

Studying vitamins can mean learning a lot of new vocabulary. Find five words in this book you've never heard before. Use a dictionary to find out what they mean. Then write the meanings in your own words and use each word in a new sentence.







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## Surprise Me

Chapter One talks about how Mason was surprised when his doctor told him vitamin D helps build strong bones. After reading this book, what two or three facts about vitamins did you find most surprising? Write a few sentences about each fact. Why did you find each fact surprising?





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## Photo Evidence

Sometimes pictures can explain science concepts better than words. Take another look at one of the photos in this book. How does it relate to the information in that chapter? Write a few sentences about how it helps you better understand that information.

