

EXERCISE 1

Match two syllables to make a word. Then write the word.

1. sail	vy	_____
2. sick	ing	_____
3. scur	or	_____
4. bleed	ness	_____
5. in	tect	_____
6. Brit	side	_____
7. pro	pair	_____
8. vic	block	_____
9. re	ish	_____
10. sun	tim	_____



EXERCISE 2

Read the clues and complete the words.

1. Vitamin C helps us to stay _____.	h e a l t h y
2. These people got sick at sea.	s a i l o r s
3. Lack of vitamin C causes _____.	s c u r v y
4. This fruit contains vitamin C.	o r a n g e
5. Nickname for the British Navy.	L i m e y s
6. This man identified "ascorbic acid" in sour fruits.	H a w o r t h
7. Vitamin C helps keep you _____.	a l e r t
8. Vitamin C slows down the process of _____.	a g e i n g
9. Vitamin C helps the growth of new _____.	s k i n
10. The suggested amount of Vitamin C to take daily is 100 _____.	m i l l i g r a m s



Learning Activity

List fruits and vegetables with high vitamin C content:

Fruits	Vegetables
1. orange	1. capsicum or bell pepper
2. lemon	2. tomato
3. lime	3. parsley
4. guava	4. leek
5. grapefruit	5. kale
6. peach	6. spinach
7. kiwi	7. broccoli
8. tangerine	8. brussel sprouts
9. grapes	9. cauliflower
10. mango	10. radish
11. cherries	11. cabbage
12. black currants	12. mustard greens
13. papaya	13. potato
14. rose hips	14. watercress

