Vitamins are important to our health. Do you know what vitamins are for and how many kinds of vitamins there are? The answer to the first question is that vitamins are good things in food that can keep us healthy. Without taking enough vitamins, our body would go wrong. For example, if we are short of vitamin A, we won't have good eyes, beautiful skin, and strong teeth. And vitamin K can stop us from losing too much blood when we get hurt. Taking vitamin C every day can keep us away from colds. About the second question, doctors find there are 13 kinds of vitamins, and they play different roles in our body. The best way to get them is from natural food such as fish, fruit, and vegetables. So next time when your mom asks you to eat carrots or cabbages, don't run away!

（　）1. What will happen if people don't have enough vitamin A?

1. They will lose too much blood.
2. They can't see things clearly.
3. They will catch colds easily.
4. They won't be able to sleep well.

（　）2. How many kinds of vitamins there are?

1. There are seven kinds of vitamins.
2. There are five kinds of vitamins.
3. There are eight kinds of vitamins.
4. There are thirteen kinds of vitamins.

（　）3. What is the best way to get vitamins necessary for our health?

1. To eat fast food.
2. To take vitamins directly.
3. To eat cabbages and carrots only.
4. To eat food from nature.

（　）4. Vitamin C can keep us away from:

1. Heat.
2. Colds.
3. Headache.
4. Cancer.

（　）5. What is the main point of this paragraph?

1. Vitamins play different roles in our body.
2. People need vitamins to stay healthy.
3. People can only eat natural food.
4. Vitamins can be found in food like fish, fruit, and vegetables.

（　）6. Vitamin K can stop us from:

1. Catching Colds.
2. Eating natural food.
3. Taking vitamins directly.
4. Losing too much blood.