**Watching a video (easy)**

Watch the following video twice. Make sure that you understand the video. Answer the following questions. Then get in groups of three and compare your answers.

<https://www.youtube.com/watch?v=0hTnUEAXefQ>

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| What are vitamins? |  |
| What´s the best way to consume vitamins? |  |
| How many vitamins are known? There are two types of Vitamins. |  |
| What are the characteristics of water-soluble vitamins? |  |
| What are the characteristics of fat-soluble vitamins? |  |
| How can I be sure to get all vitamins? |  |