

**12** A student is told that their diet is **not** balanced and they may be at risk of developing scurvy.

What should the student do to reduce their risk of scurvy?

- A** The student should drink more milk which will provide more calcium.
- B** The student should drink more milk which will provide more vitamin C.
- C** The student should eat more citrus fruits which will provide more calcium.
- D** The student should eat more citrus fruits which will provide more vitamin C.