



VITAMINS

A glass of milk is the central focus, with a variety of fresh produce floating around it. The produce includes a green apple, a red tomato, a lime slice, a kiwi, a banana, a cucumber, a red bell pepper, a whole coconut, a slice of ginger, a piece of broccoli, and an avocado. The background is a light blue gradient.

A

B1

B2

C

D

K



milk

egg yolk

**green
vegetables**

carrots

Some foods that contain vitamin A:



VITAMIN
A

Vitamin **A** keeps
our eyes healthy.



B₁

egg
yolk

rice

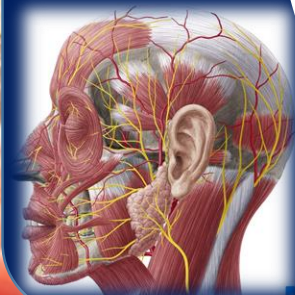
nuts

green
vegetables

Ms. Abriki
Some foods that contain vitamin B₁:



VITAMIN
B₁



Vitamin **B1** keeps
nerves healthy.



egg yolk

meat

green
vegetables

Some foods that contain vitamin B2:

VITAMIN

B

Vitamin **B2**
keeps the
skin
healthy.



A vibrant assortment of fresh produce is arranged on a light-colored wooden surface. In the center, a small black chalkboard with a wooden frame displays the words "VITAMIN C" in white chalk. To the left of the chalkboard, there are several whole and sliced oranges, a red chili pepper, and a bunch of green peas. To the right, there are bunches of yellow bananas, sliced kiwis showing their green flesh and black seeds, and a bunch of red berries. In the background, there are more tomatoes, a head of lettuce, and a bunch of green leafy vegetables. The overall scene is bright and colorful, emphasizing the freshness of the ingredients.

fruit

vegetables

Some foods that contain vitamin C:

Vitamin C
keeps the
skin and
gums
healthy.



vitamin D



sunlight



fish



egg yolk

Some foods that contain vitamin D:



VITAMIN
D

Vitamin **D**
helps the
bones to
grow
properly.



green vegetables

egg yolk

Some foods that contain vitamin k:



Vitamin **K** needed for
blood clotting.

