



VITAMINS

A glass of milk is shown on the left side of the image. Various fruits and vegetables are scattered around it, including a green apple, a red tomato, a lime, a banana, a cucumber, a coconut, a broccoli, a ginger root, and an avocado. The background is a light blue color.

A

B1

B2

C

D

K

A top-down view of various food items arranged on a light-colored surface. On the left, there are green leafy vegetables (spinach) and a head of broccoli. In the center, there is a red bell pepper and a whole orange. On the right, there are several whole carrots, a small wooden bowl containing sliced carrots, a small bowl of orange liquid (egg yolk), a block of butter, and a small cup of white liquid (milk). In the foreground, a small chalkboard has the words "VITAMIN A" written on it in white chalk. Four white, cloud-shaped callouts with blue outlines are overlaid on the image, each containing a food item name in bold black text: "milk", "egg yolk", "green vegetables", and "carrots".

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

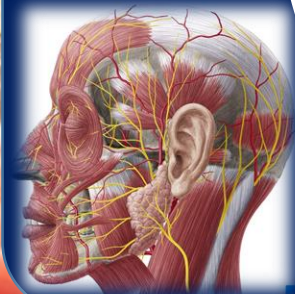
green
vegetables

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.



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.

