



Vitamin **A**

Vitamin **B1**

Vitamin **B2**

Vitamin **C**

Vitamin **D**

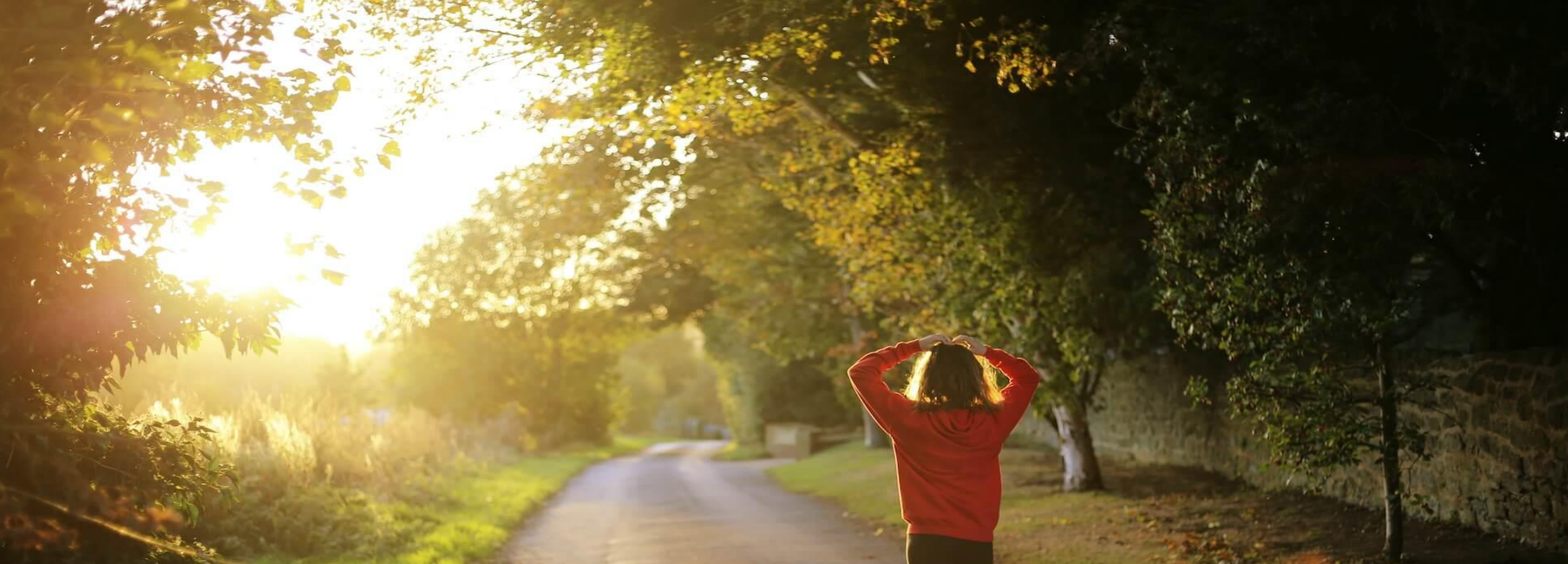
Vitamin **K**



Egg yolk



Meat



Sunlight

A top-down view of a shallow, reddish-brown ceramic bowl filled with uncooked, long-grain white rice. The rice grains are piled high and appear clean and dry. The bowl is set on a light-colored wooden surface with a visible grain pattern. The lighting is soft and even, highlighting the texture of the rice and the bowl.

**Rice**



# Beans





fruits



# Green vegetables

A glass pitcher and a glass of milk are shown against a blue background. The pitcher is on the right, and the glass is on the left. Both are filled with white milk. They are placed on a light-colored, folded napkin. The word "Milk" is written in a large, blue, stylized font across the bottom of the image, partially overlapping the glass and the napkin.

Milk



Liver



# Carrots



Tomatoes



# Apricots



Yogurt

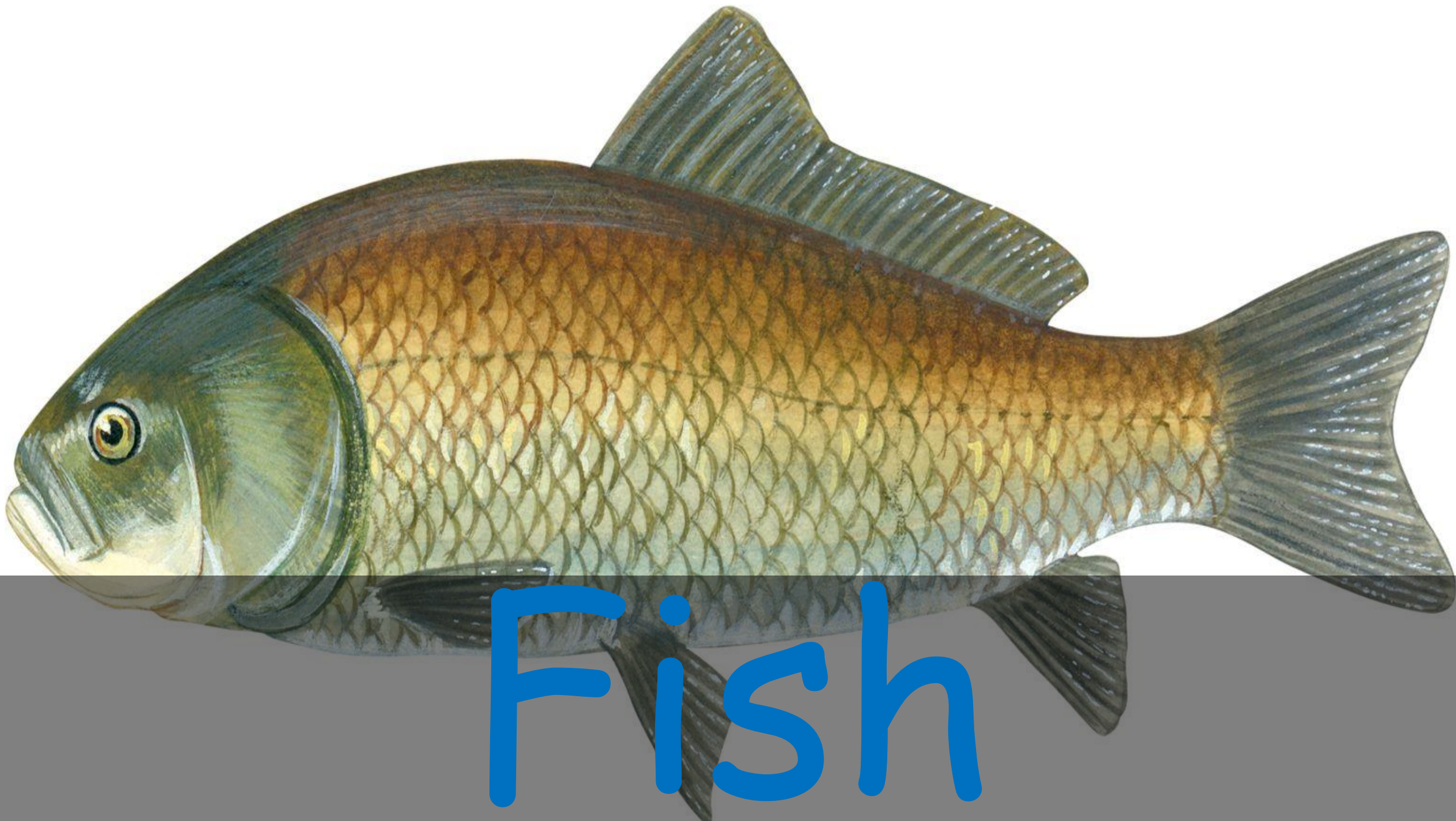




# Pineapples



cheese





Peas



Green tea

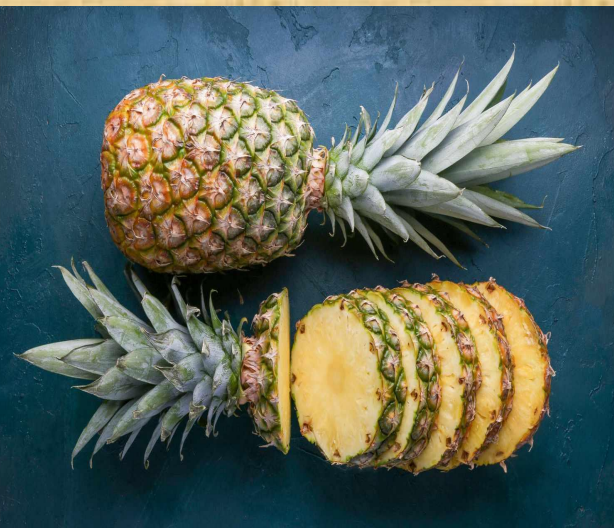
# SOURCES OF VITAMIN A



Vitamin A **is found in** milk.

Carrots are **good source of** Vitamin A.

# SOURCES OF VITAMIN B1





Vitamin B1 **is found in** rice.

beans are **good source of** Vitamin B1.

# SOURCES OF VITAMIN B2



Vitamin B2 **is found in** meat.

cheeses are **good source of** Vitamin B2.

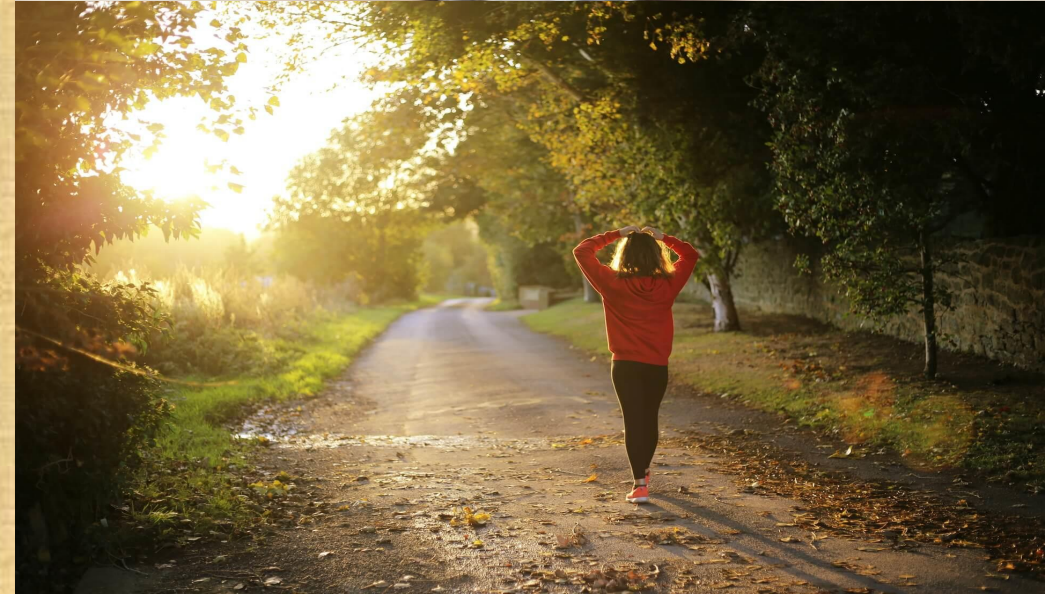
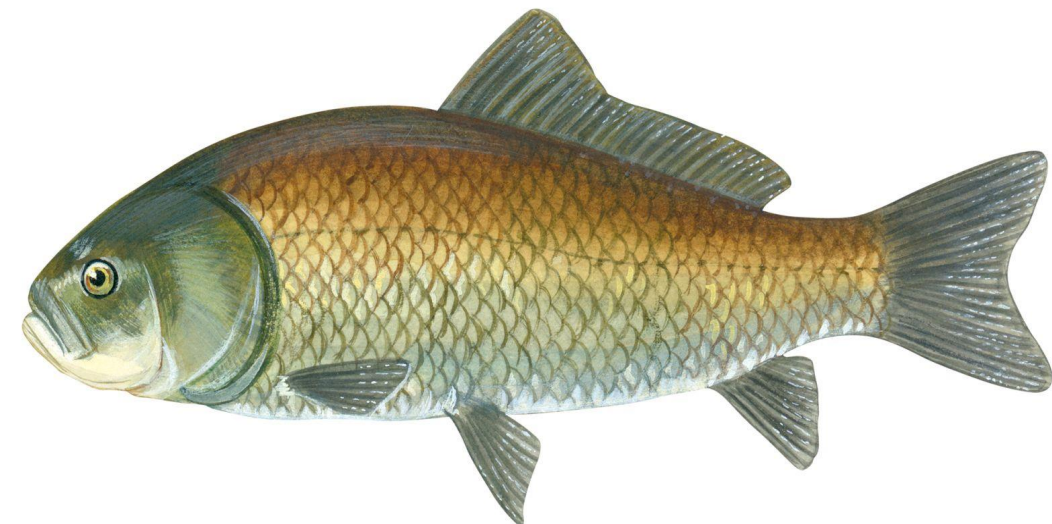
# SOURCES OF VITAMIN C



Vitamin c **is found in** fruits.

fruits are **good source of** Vitamin c.

# SOURCES OF VITAMIN D



Vitamin D **is found in** fish.

Egg yolks are **good source of** Vitamin D.

# SOURCES OF VITAMIN K





Vitamin D **is found in** peas.

tomatoes are **good source of** Vitamin D.