



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 coconut, a banana, a cucumber, a red bell pepper, a slice of ginger, an avocado, and a slice of lemon. The background is a light blue color.

A

B1

B2

C

D

K

A top-down view of various food items 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 wooden bowl containing sliced carrots, a small wooden bowl with egg yolk, a block of butter, and a small glass of 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 point to specific items: "milk" points to the glass of milk, "egg yolk" points to the wooden bowl with egg yolk, "green vegetables" points to the spinach and broccoli, and "carrots" points to the whole 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

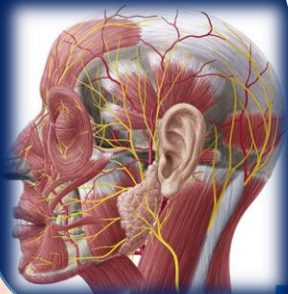
green
vegetables

Some foods that contain vitamin B₁:





VITAMIN
B₁



Vitamin **B1** keeps the
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, there are whole and sliced oranges, a yellow bell pepper, and a red chili pepper. In the foreground, a pile of almonds and green peas is visible. To the right, there are several ripe yellow bananas, a bunch of red cherry tomatoes, a bunch of red berries, and sliced kiwis. Leafy green vegetables like lettuce and spinach are scattered throughout the arrangement.

fruit

vegetables

Some foods that contain vitamin C:

Vitamin C
keeps the
skin and
gums
healthy.





Vitamin D

fish

egg yolk

Some foods that contain vitamin D:

Vitamin D





VITAMIN
D

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



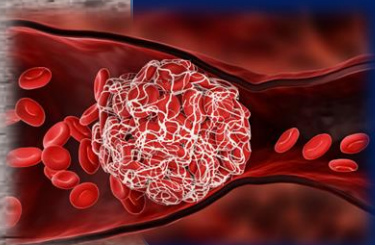
green vegetables

egg yolk

Some foods that contain vitamin k:



Vitamin **K** needed for
blood clotting.





**How to write
a letter?**

Write a letter to a friend.

What do we need to write a letter?





- **first paragraph:**
 - begin with some pleasantries
- **body paragraphs:**
 - share news and personal details
 - reference topics that are relevant to your friend
- **last paragraph:**
 - wrap it up with positive feelings

*23 San Benito Rd.
Brisbane, CA 94005*



August 19, 2019



*23 San Benito Rd.
Brisbane, CA 94005*

August 19, 2019

Hi Arthur,



- Hello, Joanne!
- Hi, Jo
- Dear Joanne
- Dearest Jo

wikihow

23 San Benito Rd.
Brisbane, CA 94005

August 19, 2019

Hi Arthur,

I hope this letter finds you well.



WikiHow



"Everything here is passing by so quickly, and the summer months are almost gone. It's only been a little while since you left, but everything already feels different."





"Have you settled in already? And do you like your neighborhood? It must be nice staying in an apartment instead of a dorm."



Please write back when you get this. I'd love to hear all about how everything is going.



Please write back when you get this. I'd love to hear all about how everything is going.

*With love,
Erin*



- Yours truly,
- With love,
- Hugs and kisses,
- Fondly,
- Take care,
- Cheers,



Read
34005
19. 2019

within.

I hope all is well in your new city. Everything here is passing by so quickly and the summer months are almost gone. It's only been a little while since you left, but it everything already feels different. I'm though it's super sad that you don't live just a bus ride away anymore. I really do hope that your new life is going well. It's so exciting that you're moved in and ready to start college! It must be so sweet.

Have you settled in already? And do you like your neighborhood? It must be nice staying in an apartment instead of a dorm. So much more space. And a kitchen! Hope you aren't too homesick either. All the rest of us here are getting ready for our college moves as well. Can't believe we're graduated and on our way to the real world!

A reunion has already been talked about so look forward to winter break. We're thinking about a road trip with a bunch of us and it would be great if you tagged along. Location suggestions are welcome!

I hope all is well with you. And let me know if you ever need a letter or a phone call away. We all miss you tons. Although we're in school and stay safe. Please write back when you get. We'll hear all about how everything is going.



sender's address

Stephanie Martin
492 Peachtree Lane
Atlanta, GA 39019

Mrs. Willa Norris
591 Main Street
Sterrett, GA 39019

receiver's address

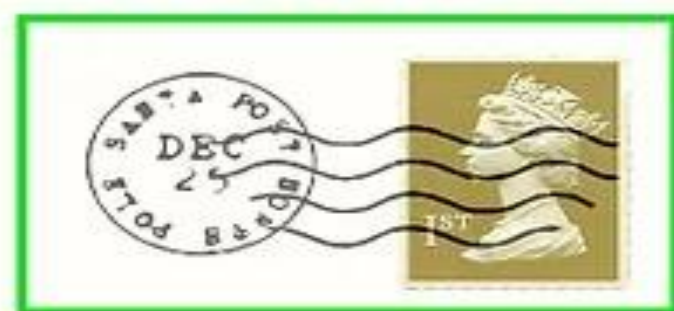
Sender's name and address

Stamp



**Recipient's name
and address**

Stephanie Martin
492 Peachtree Lane
Atlanta, GA 39019



Mrs. Willa Norris
591 Main Street
Sterrett, GA 39019

senders's name
company name(in case of business letter)
street address
city, state, and zip code
phone/email if necessary

recipient's name
formal title
company name(in case of business letter)
street address
city, state, and zip code
date



***Let's write a
letter***