

# Project 1

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The first week

Tomatoes **are a good source of** vitamin K

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# Vitamiin A







Egg Yolks **are a good source of** vitamin A

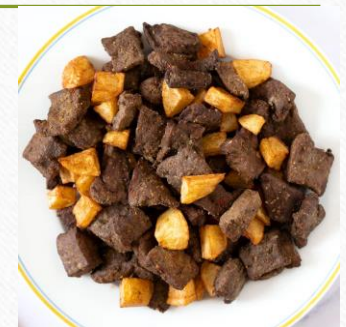


Milk **is a good source of** vitamin A

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Liver **is a good source of** vitamin A

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Carrots **are a good source of** vitamin A

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Green vegetables **are a good source of** vitamin A

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B1



Pineapples **are a good source of** vitamin B1

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Rice **is a good source of** vitamin B1

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Meat **is a good source of** vitamin B1

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Green vegetables **are a good source of** vitamin B1

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Egg yolks **are a good source of** vitamin B1

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Apricots **are a good source of** vitamin B1

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Beans **are a good source of** vitamin B1

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Meat **is a good source of** vitamin B2

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Beans **are a good source of** vitamin B2

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Egg yolks **are a good source of** vitamin B2

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Green vegetables **are a good source of** vitamin B2

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Yogurt **is a good source of** vitamin B2

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cheese **is a good source of** vitamin B2

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vegetables **are a good source of** vitamin C

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Fruits **are a good source of** vitamin C

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Fishes **are a good source of** vitamin D

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Egg yolks **are a good source of** vitamin D

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Vitamin K





Peas **are a good source of** vitamin K

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Green tea **is a good source of** vitamin K

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Tomatoes **are a good source of** vitamin K

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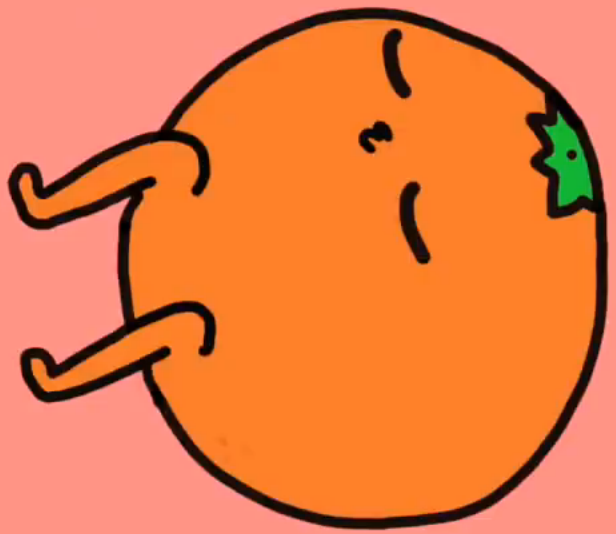
Egg yolks **are a good source of** vitamin K

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Green vegetables **are a good source of** vitamin K

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Vitamin B1 **is found in** meat and green vegetables

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Vitamin A **is found in** Egg Yolks,  
Milk, Liver, Carrots, Green vegetables.

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Vitamin B1 **is found in** Egg Yolks, Rice,  
Green vegetables, Pineapples, Meat, Apricots, Beans.

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Vitamin B2 **is found in** Egg Yolks,  
Green vegetables, Meat, Beans, Yogurt, cheese.

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Vitamin C **is found in** vegetables, Fruit.

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Vitamin D **is found in** Egg Yolks, Fish,  
also made in skin by sunlight.

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Vitamin K **is found in** Tomatoes, peas,  
Egg Yolks, Green vegetables, Green tea.

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Vitamin A **keeps** the **eyes** healthy.

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Vitamin B1 **keeps** the **nerves** healthy.

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Vitamin C **keeps** the **skin, gums and blood vessels**  
healthy.

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Vitamin **K** keeps the **bones** healthy.

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Vitamin **D** keeps the **bones** healthy

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Vitamin **B2** keeps the **blood** healthy.

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**Lack of vitamin A can lead to** eye problems.

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**Lack of vitamin D can lead to** bone problems.

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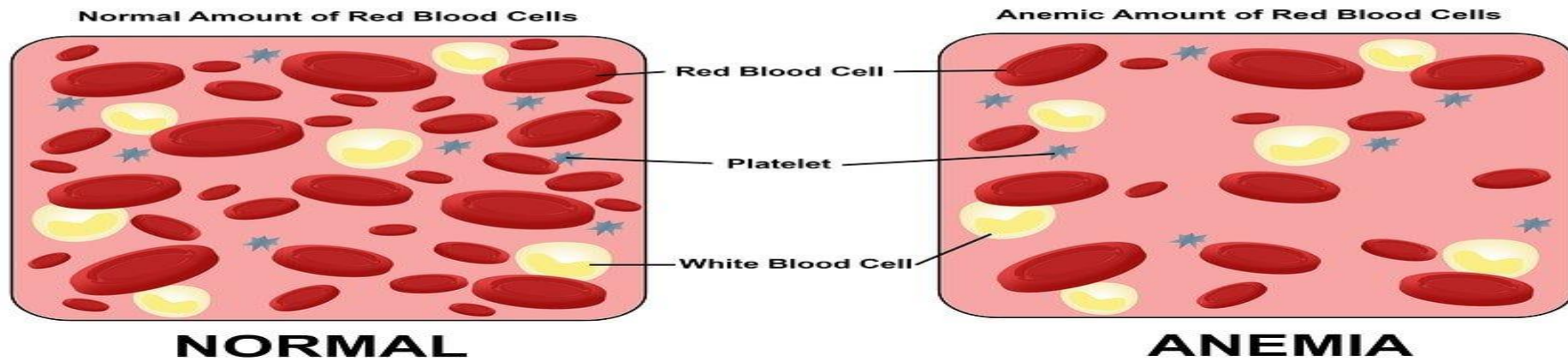
**Lack of vitamin K can lead to** blood problems.

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**Lack of vitamin B can lead to** diseases such as anemia. You may feel tired or weak.

## **ANEMIA**



**Lack of vitamin C can lead to** skin problems. Your gums may start bleeding and you easily get bruises.

