

Project 1

The first week

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

Vitamiin A



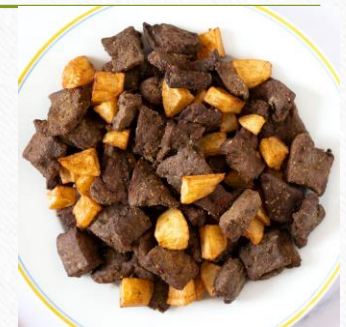


Egg Yolks **are a good source of** vitamin A



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

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





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



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





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

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





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

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

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



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



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



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

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

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

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



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



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



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

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



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

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

Vitamin K



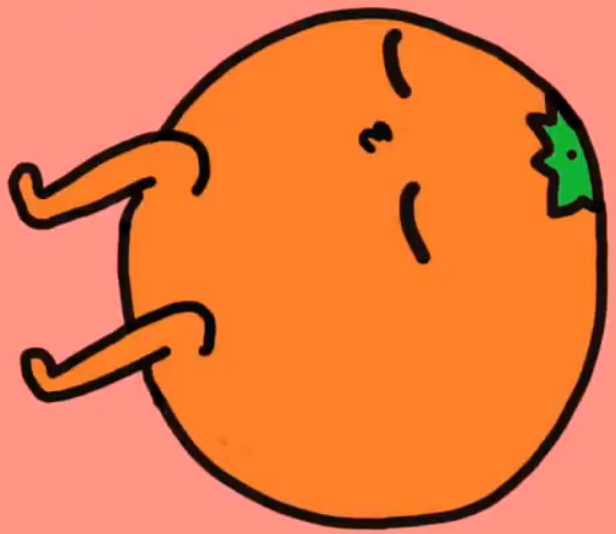
Peas **are a good source of** vitamin K

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

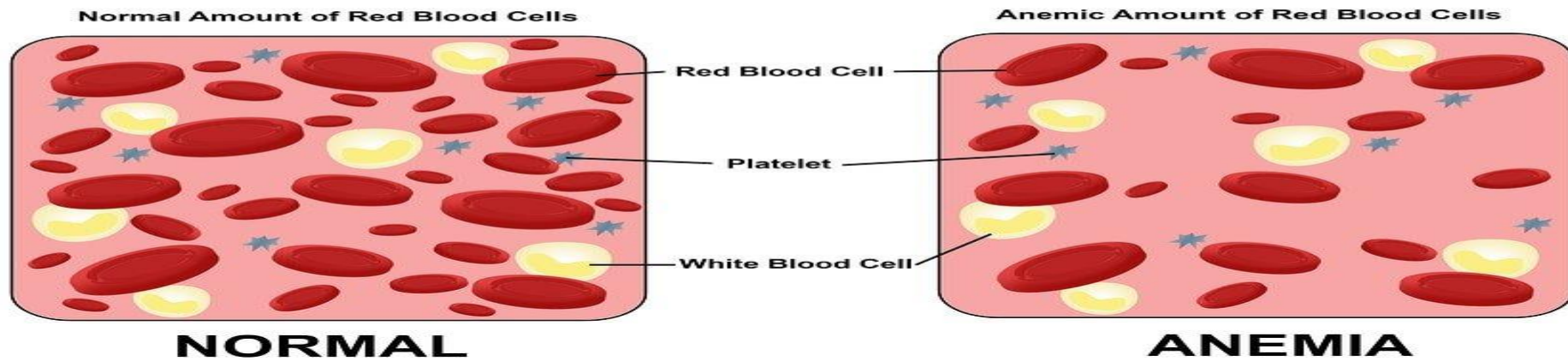
Lack of vitamin A can lead to eye problems.

Lack of vitamin D can lead to bone problems.

Lack of vitamin K can lead to blood problems.

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.

