

# Vitamins

**A**

green vegetables carrots liver milk  
egg yolk



**B1**

egg yolk green vegetables pineapples  
meat apricots rice beans



**B2**

green vegetables meat beans egg yolk



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**C**

vegetables fruit



**D**

also made in the skin by sunlight  
fish fat egg yolk



**K**

green vegetables egg yolk tomato  
green tea peas



● Vitamin A keeps the eyes healthy.  
● Lack of vitamin A can lead to eye problems.

● Vitamin B1 keeps the nerves healthy.  
● Lack of vitamin B can lead to diseases such as anemia. You may feel tired or weak.

● Vitamin B2 keeps the skin healthy.  
● Lack of vitamin B can lead to diseases such as anemia. You may feel tired or weak.

● Vitamin C keeps the skin, gums and blood vessels healthy.  
● Lack of vitamin C can lead to skin problems.  
● Your gums may start bleeding and you easily get bruises.

● Lack of vitamin D can lead to bone problems.

● Lack of vitamin K can lead to blood problems.