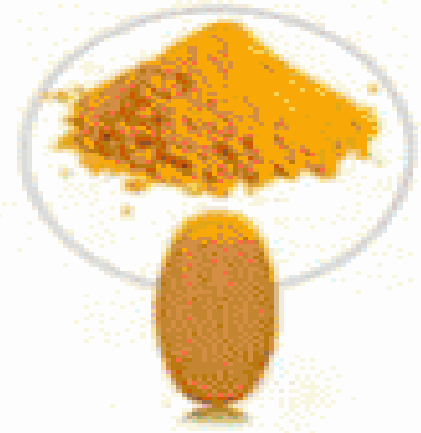
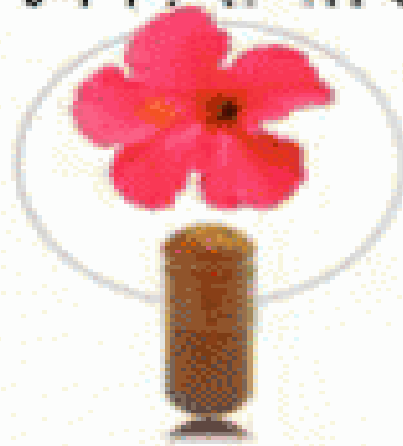
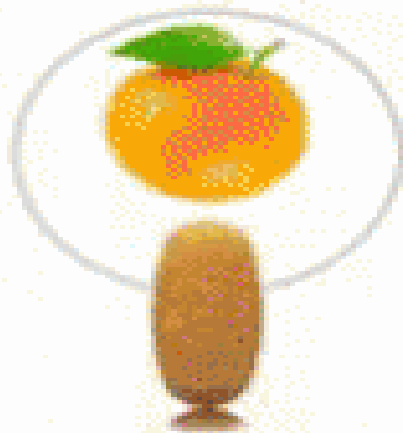
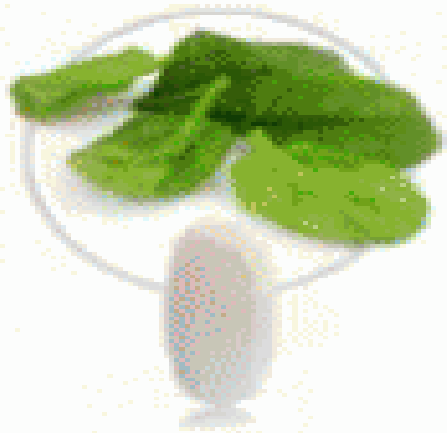




TAKE YOUR VITAMINS!!





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 banana, a cucumber, a coconut, a broccoli, a ginger root, and an avocado. The background is a light blue color.

A

B1

B2

C

D

K

A top-down view of various fresh ingredients on a light-colored surface. On the left, there are green leafy vegetables like spinach and a head of broccoli. In the center, a red bell pepper and a whole orange are visible. On the right, there are several whole carrots, a small bowl of egg yolk, a block of butter, and a small bowl of milk. A wooden spoon with seeds is also present. A small chalkboard at the bottom center has the word 'VITAMIN' written on it.

**milk**

**green  
vegetables**

**egg yolk**

**carrots**

**Vitamin A is found in milk.  
Milk is a good source of vitamin A.**



VITAMIN  
A

Vitamin **A** keeps  
our eyes healthy.



B<sub>1</sub>

egg  
yolk

rice

nuts

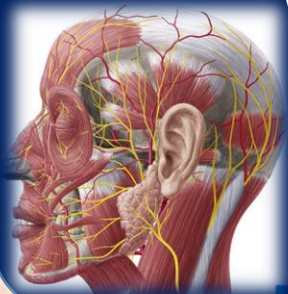
green  
vegetables

Vitamin B1 is found in nuts.

Nuts are a good source of vitamin A.



VITAMIN  
B<sub>1</sub>



Vitamin **B1** keeps the  
nerves healthy.



egg yolk

meat

green  
vegetables

Vitamin B2 is found in meat.

Meat is a good source of vitamin B2.



VITAMIN

B

Vitamin **B2**  
keeps the  
skin  
healthy.





**fruit**

**vegetables**

**Vitamin C is found in fruit.**

**Fruit is a good source of vitamin C.**

Vitamin C  
keeps the  
skin and  
gums  
healthy.



Vitamin D



sunlight



fish



egg yolk

Vitamin D is found in fish.

Fish is a good source of vitamin D.



VITAMIN  
D

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



**green vegetables**

**egg yolk**

VITAMIN  
K

**Vitamin K is found in egg yolk.  
Egg yolk is a good source of vitamin K.**



Vitamin **K** needed for  
blood clotting.

