



Vitamin **A**

Vitamin **B1**

Vitamin **B2**

Vitamin **C**

Vitamin **D**

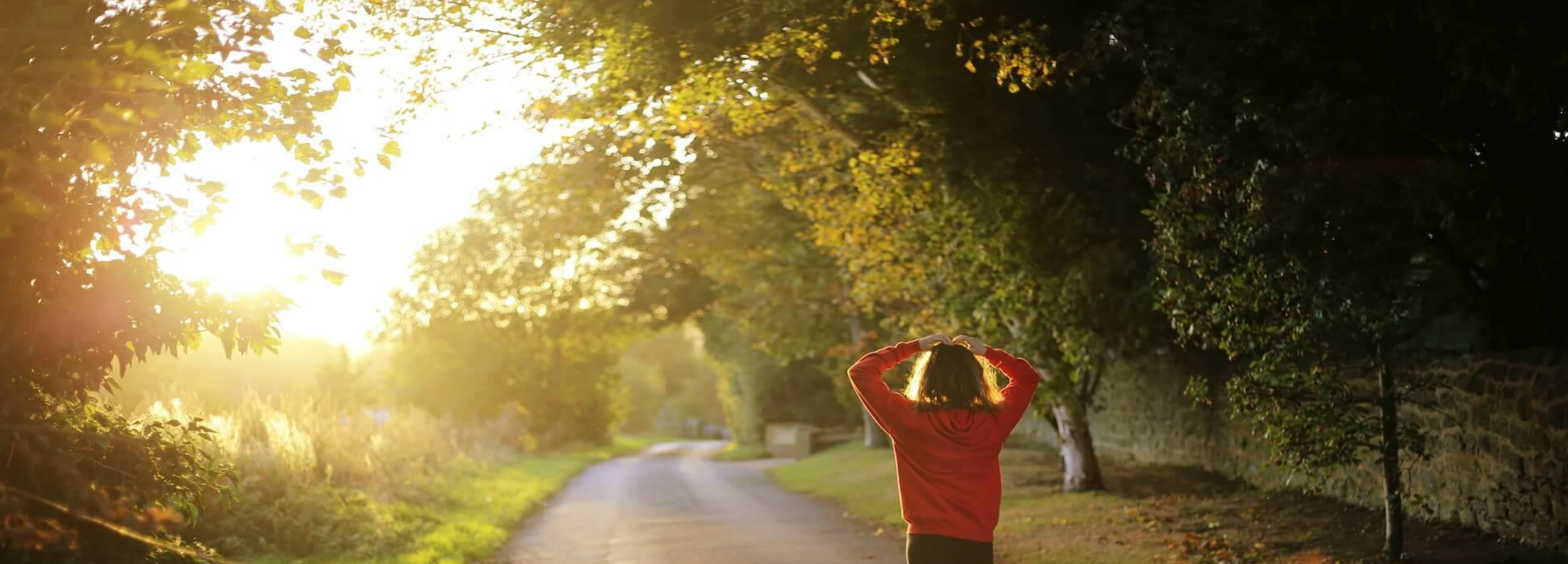
Vitamin **K**



Egg yolk



Meat



Sunlight

A top-down view of a shallow, reddish-brown ceramic bowl filled with uncooked white rice grains. The bowl is placed on a light-colored wooden surface with a visible grain. The rice grains are long and slender, typical of basmati rice. The lighting is soft, highlighting the texture of the rice and the wood.

**Rice**



# Beans



fruits



# Green vegetables



A glass pitcher and a glass of milk are shown on a light-colored napkin. The pitcher is on the right, filled with white milk, and the glass is on the left, also filled with white milk. The background is a solid blue color. The word "Milk" is written in a large, blue, rounded font across the bottom of the image, partially overlapping the glass and the napkin.

Milk



Liver



Carrots



# Tomatoes



# Apricots



Yogurt

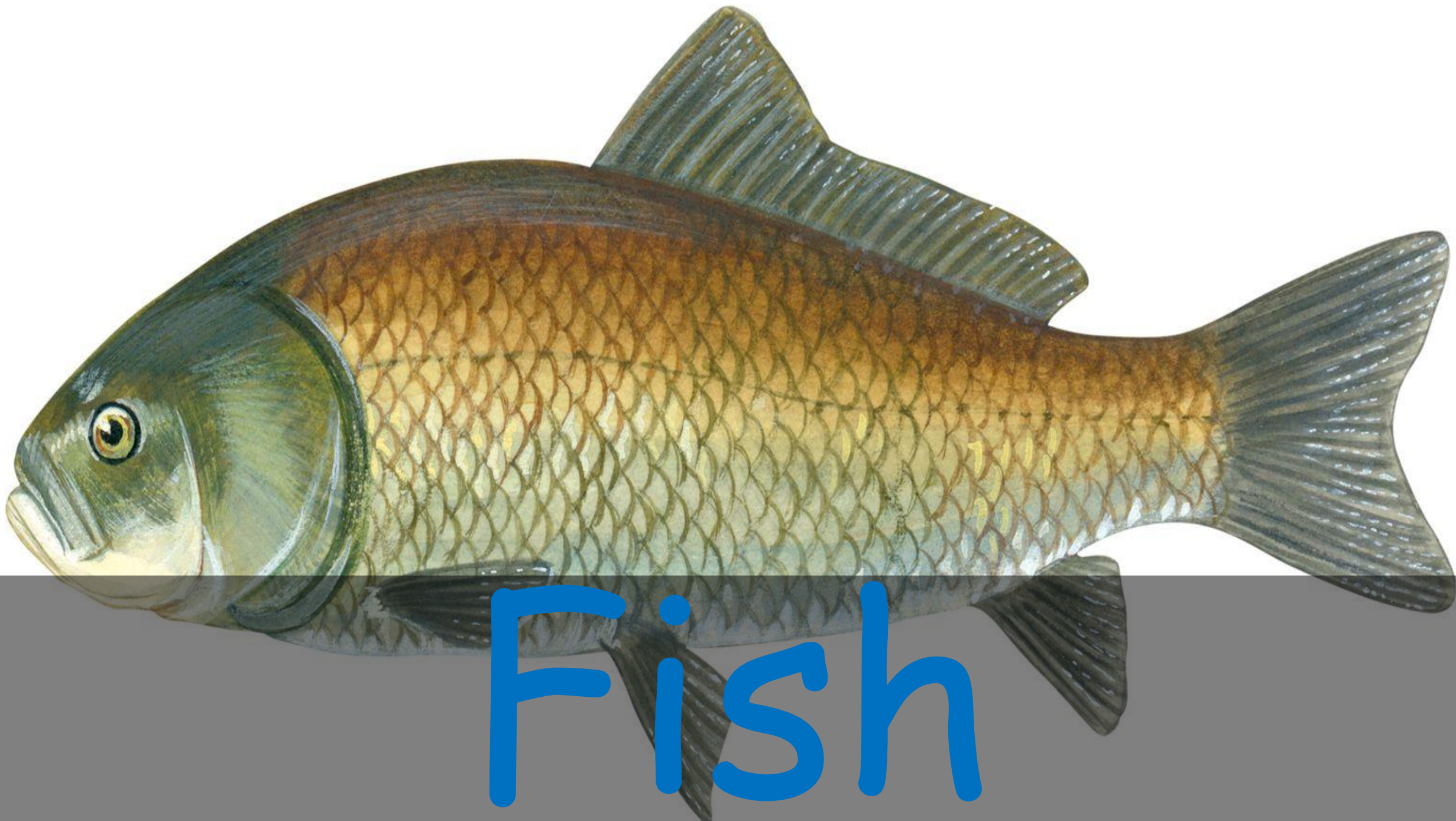


# Pineapples



cheese





Fish



Peas



Green tea

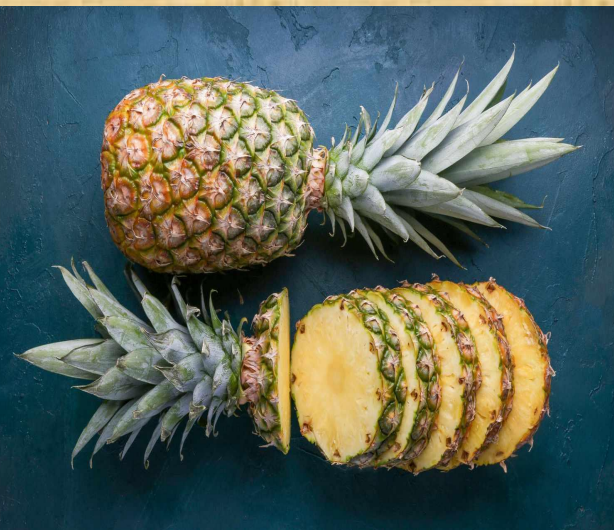
# SOURCES OF VITAMIN A



Vitamin A **is found in** milk.

Carrots are **good source of** Vitamin A.

# SOURCES OF VITAMIN B1



Vitamin B1 **is found in** rice.

beans are **good source of** Vitamin B1.

# SOURCES OF VITAMIN B2





Vitamin B2 **is found in** meat.

cheeses are **good source of** Vitamin B2.

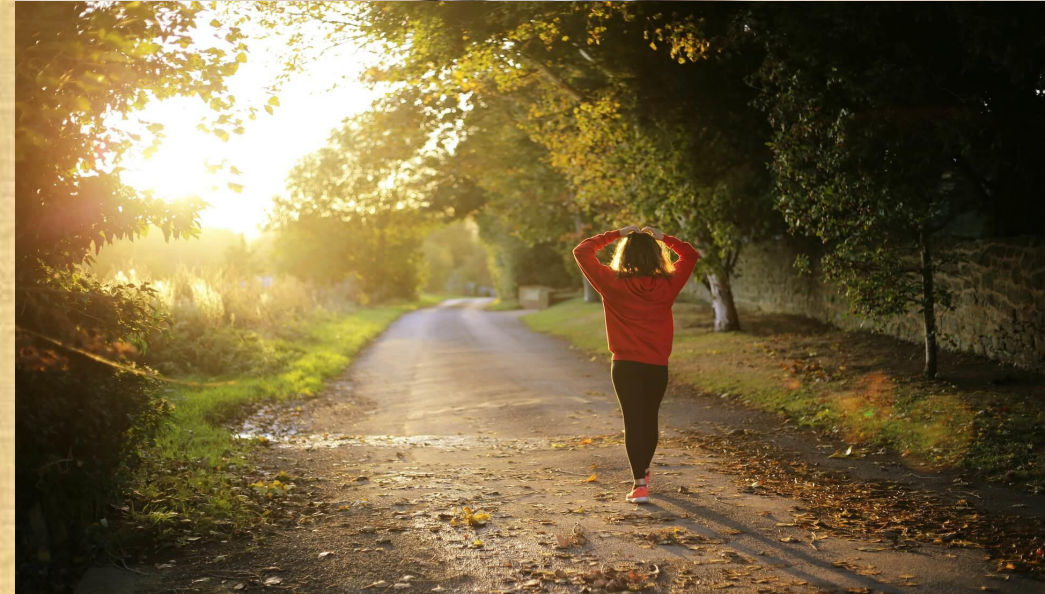
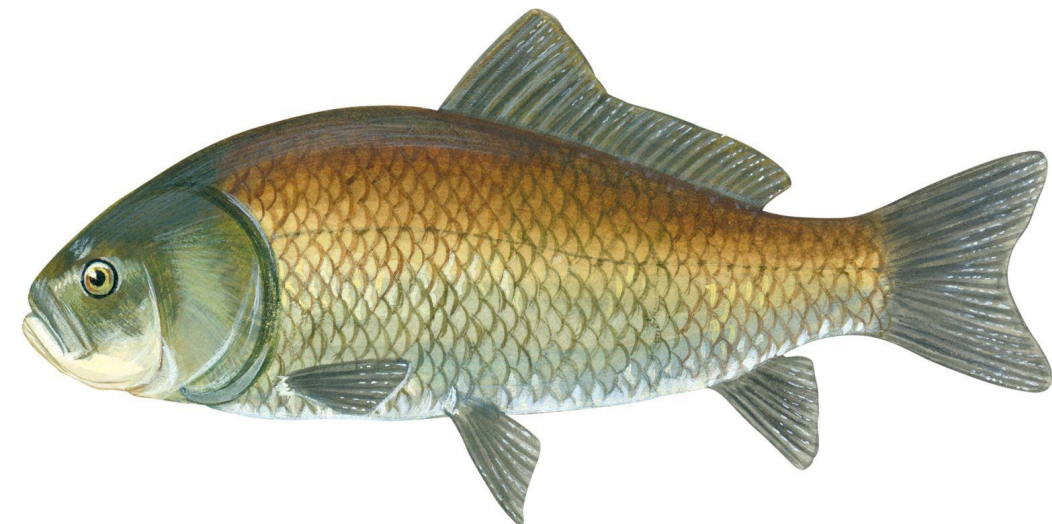
# SOURCES OF VITAMIN C



Vitamin c **is found in** fruits.

fruits are **good source of** Vitamin c.

# SOURCES OF VITAMIN D



Vitamin D **is found in** fish.

Egg yolks are **good source of** Vitamin D.

# SOURCES OF VITAMIN K



Vitamin D **is found in** peas.

tomatoes are **good source of** Vitamin D.



**Keeps the eyes  
healthy.**





**Keeps the nerves  
healthy.**



Keeps **the skin**  
healthy.



Keeps **the skin** healthy.



**Keeps the gums  
healthy.**



**Keeps** the blood vessels  
**healthy.**



**Lack of  
vitamin A**

**Can lead to**



**Eye  
problem**



Lack of  
Vitamin C



Skin  
problems

Can lead to



**Lack of  
vitamin c**

**Can lead to**



**Bleeding  
gum**





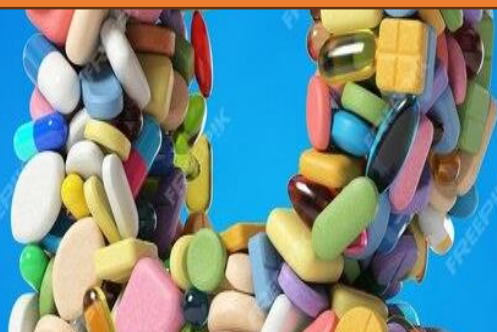
Can lead to

Lack of  
vitamin c



Bruises

Can lead to



Lack of  
vitamin B

A close-up of a doctor's hands in a white coat, with a stethoscope around their neck. The hands are pointing towards a row of wooden blocks on a white surface that spell out the word "ANEMIA".

ANEMIA



**Lack of**  
**vitamin k**

**Can lead to**



**Blood**  
**problems**



**Lack of  
vitamin D**

**Can lead to**



**Bone  
problems**