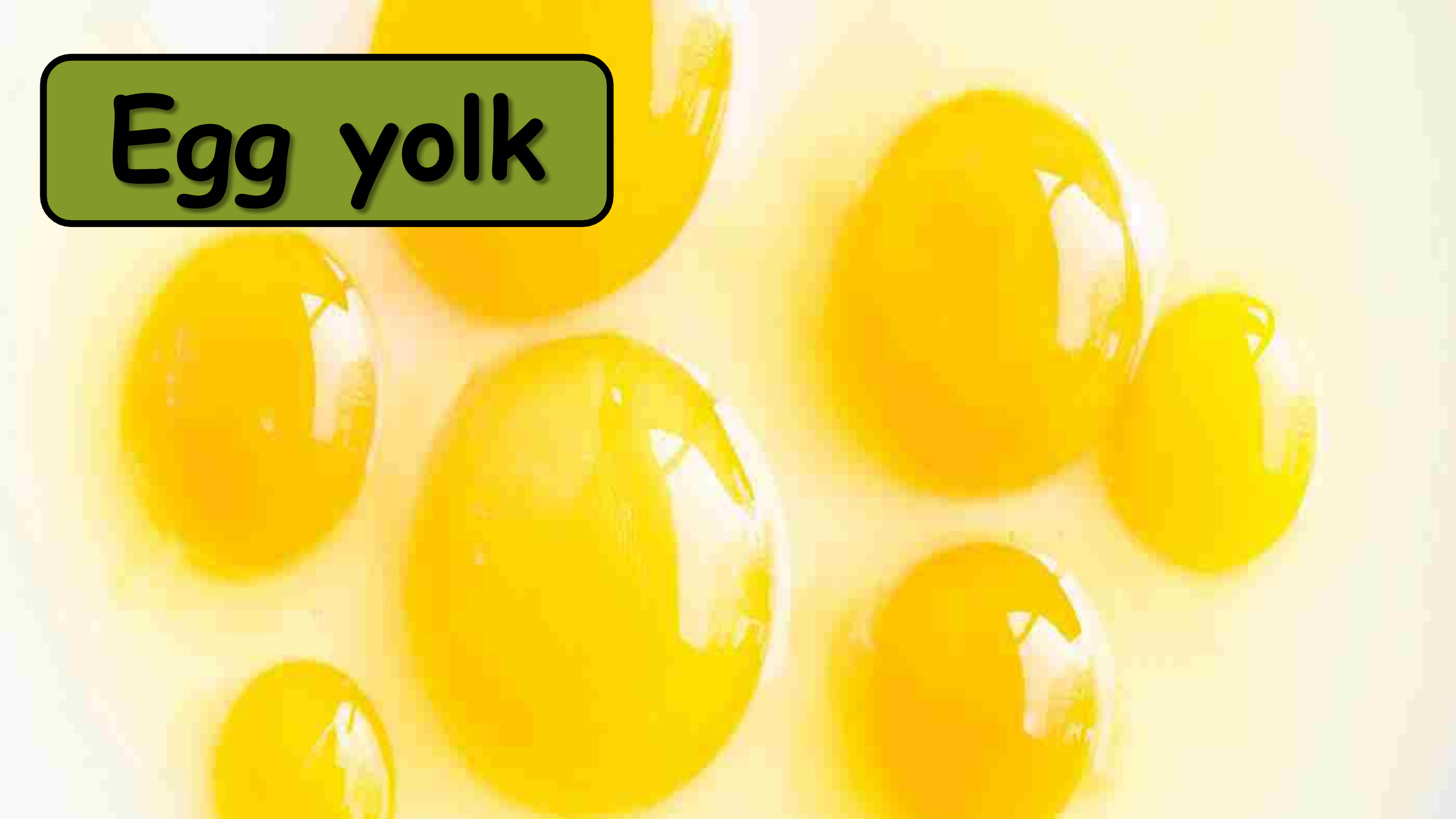




Egg yolk



meat



rice



A close-up photograph of a large pile of various beans. The beans are sorted into distinct sections by color and variety. On the left, there are white beans. Next to them are red kidney beans. In the center, there is a large section of white beans with black speckles. To the right of these are black beans, and on the far right, there are brown or tan beans. The beans are all dry and have a smooth, slightly glossy texture.

beans

A dense, colorful collage of various fruits. In the center, there are several whole and sliced oranges, lemons, and kiwis. To the left, there are green grapes and a bunch of green bananas. On the right, there are red and yellow apples, a coconut, and a pineapple. The background is filled with more fruit, creating a rich, textured scene.

fruits

vegetables



milk



liver



carrots



tomatoes



apricots



Pineapples



fish



Green tea



peas



sunlight



Vegetables



Vitamin A is found in egg yolk,
milk , liver, carrots, green
vegetables.





Vitamin B1 is found in egg yolk, rice , meat, pineapples, green vegetables , apricots, beans





Vitamin B1 is found in egg yolk, cheese , meat, green vegetables , yogurt, beans .





Vitamin C is found in fruit,
green vegetables.





Vitamin D is found in egg yolk,
fish.





Vitamin K is found in egg yolk,
peas ,green tea ,tomatoes ,
green vegetables.





A

B1

B2

C

D

K





Vitamin D₂



Vitamin A

Vitamin B1



Vitamin B2

Vitamin D



VITAMIN
A

Vitamin **A** keeps
our eyes healthy.





VITAMIN B₁



Vitamin **B1** keeps the
nerves healthy.



Vitamin **B2**
keeps the
skin
healthy.



Vitamin **C**
keeps the
skin and
gums
healthy.





VITAMIN
D



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



Vitamin **K** needed for
blood clotting.





milk

egg yolk

**green
vegetables**

carrots

Some foods that contain vitamin A:



B₁

egg
yolk

rice

nuts

green
vegetables

Some foods that contain vitamin B₁:



egg yolk

meat

**green
vegetables**

Some foods that contain vitamin B2:



fruit

VITAMIN
C

vegetables

Some foods that contain vitamin C:



fish

egg yolk

Some foods that contain vitamin D:



sunlight



green vegetables

egg yolk

VITAMIN
K

Some foods that contain vitamin k: