



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 coconut, a banana, a cucumber, a red bell pepper, a slice of ginger, an avocado, and a slice of lemon. The background is a light blue color.

A

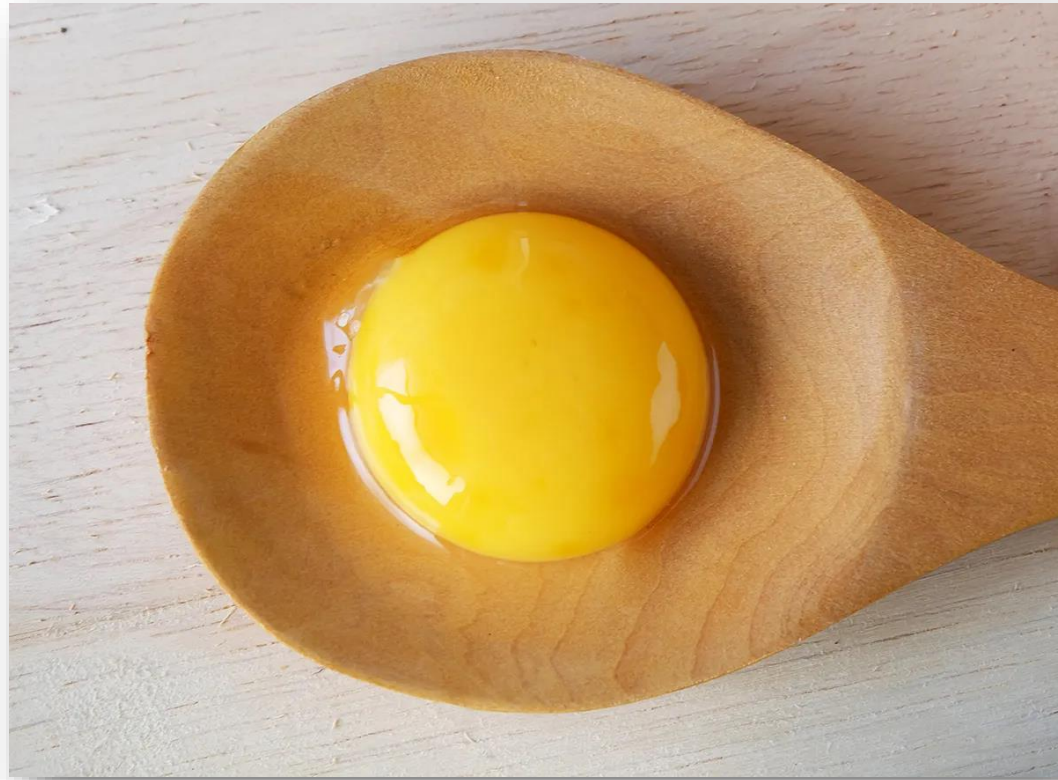
B1

B2

C

D

K



Vitamin **B12**



Vitamin A

Vitamin B1



Vitamin B2

Vitamin D





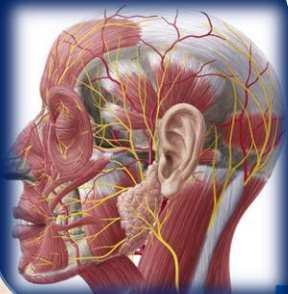
VITAMIN
A

Vitamin **A** keeps
our eyes healthy.



A collage of various foods including bread, nuts, peas, and crayfish, with a chalkboard in the center. The chalkboard has the text "VITAMIN B1" written on it in white chalk. The background is a wooden surface with various food items scattered around.

VITAMIN B₁



Vitamin **B1** keeps the
nerves healthy.

VITAMIN

B

Vitamin **B2**
keeps the
skin
healthy.



Vitamin C
keeps the
skin and
gums
healthy.



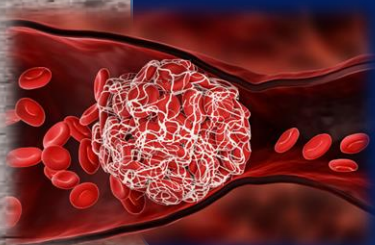


VITAMIN
D

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



Vitamin **K** needed for
blood clotting.



A top-down view of various food items on a light-colored surface. On the left, there are green leafy vegetables (spinach) and a head of broccoli. In the center, there is a red bell pepper and a whole orange. On the right, there are several whole carrots, a wooden bowl containing sliced carrots, a small wooden bowl with orange liquid (egg yolk), a block of butter, and a small white bowl with white liquid (milk). In the foreground, a small chalkboard has the words "VITAMIN A" written on it in white chalk.

milk

**green
vegetables**

egg yolk

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:

A vibrant assortment of fresh produce is arranged on a light-colored wooden surface. In the center, a small black chalkboard with a wooden frame displays the words "VITAMIN C" in white chalk. To the left of the chalkboard, there are several whole and sliced oranges, a bunch of almonds, and some green peas. To the right, there are sliced kiwis, a bunch of red cherry tomatoes, a bunch of red berries, and a bunch of green leafy vegetables. In the background, there are more tomatoes, a green bell pepper, and a head of lettuce. The overall scene is bright and colorful, emphasizing the freshness of the ingredients.

fruit

vegetables

Some foods that contain vitamin C:



fish

egg yolk

Some foods that contain vitamin D:

Vitamin D

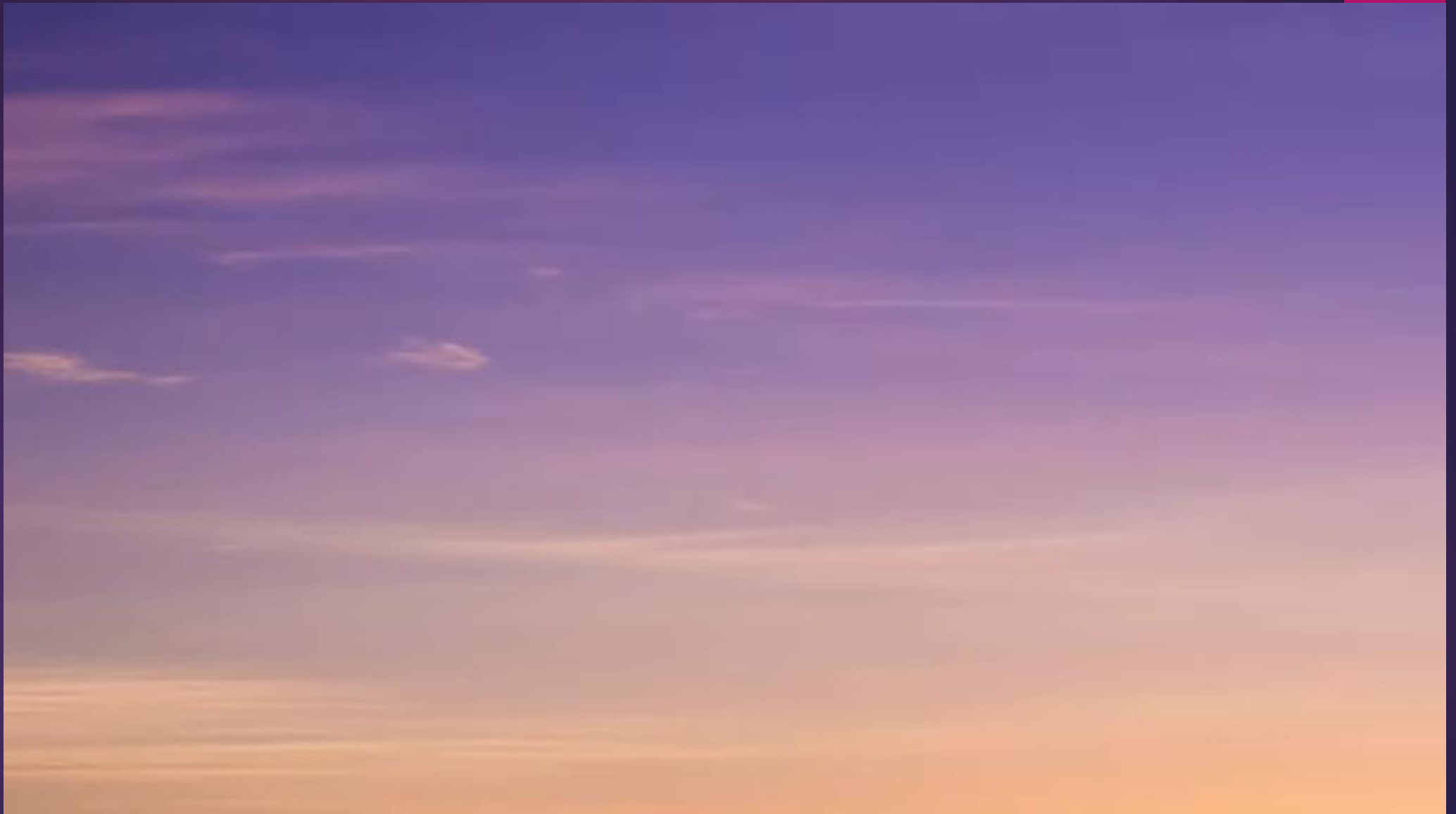




green vegetables

egg yolk

Some foods that contain vitamin k:



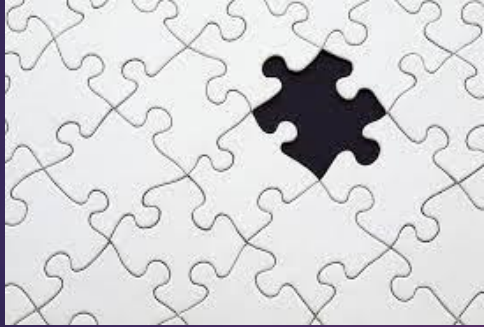


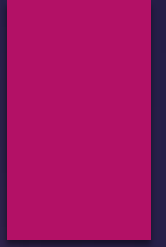
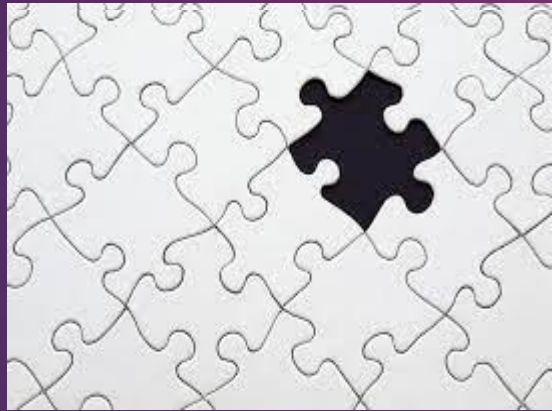
VITAMINS



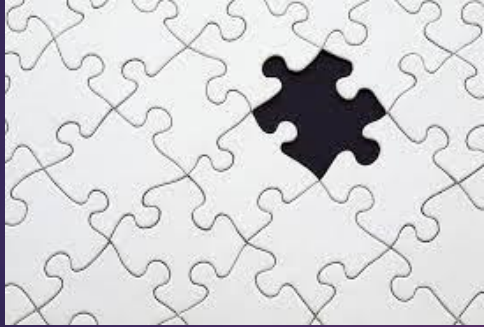


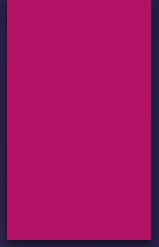
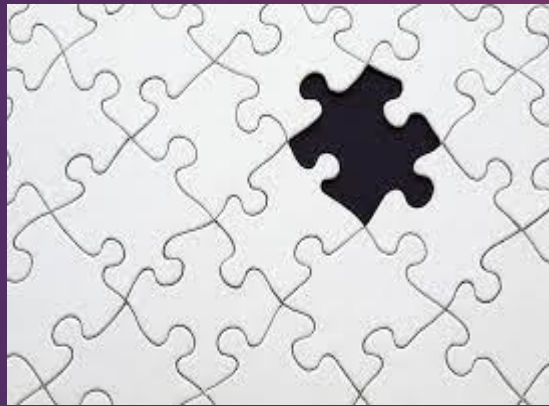
Lack of vitamin A can lead to eye problem.



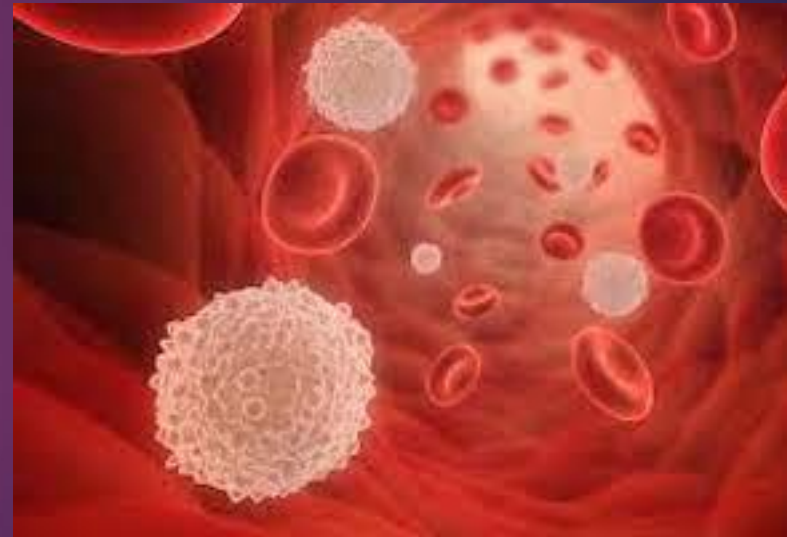
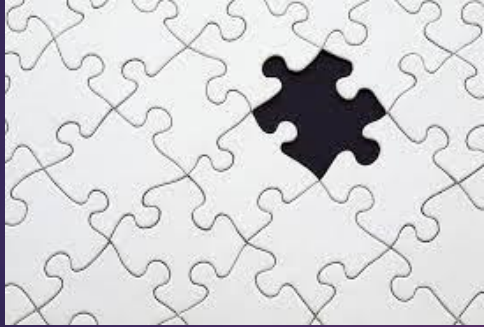


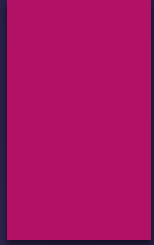
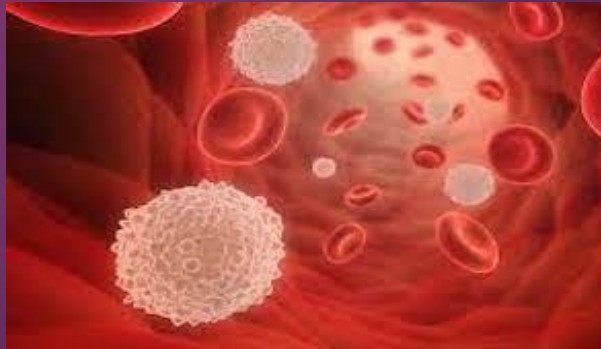
Lack of vitamin D can lead to bone problem.



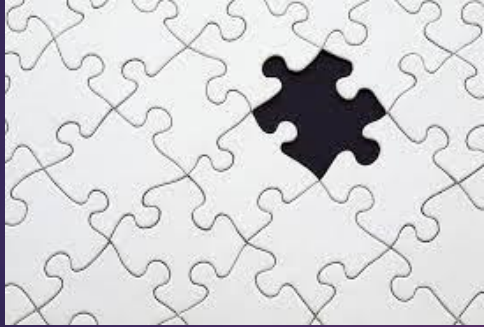


Lack of *vitamin k* can lead to *blood problem*.





Lack of *vitamin B* can lead to *anemia*.





Lack of vitamin c can lead to skin problem.

