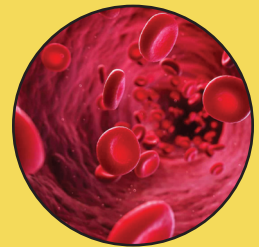


C

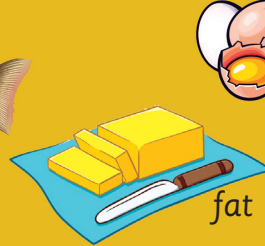
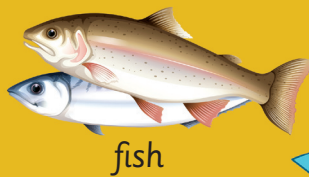


✓ Vitamin C keeps the skin, gums and blood vessels healthy.

✗ Lack of vitamin C can lead to skin problems. Your gums may start bleeding and you easily get bruises.

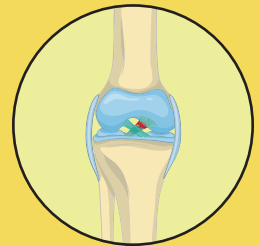


D

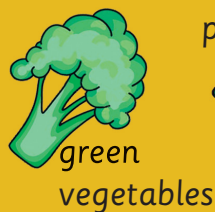
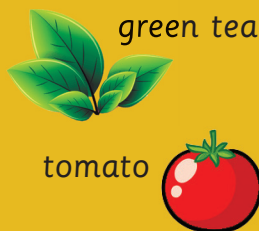


✓ Lack of vitamin D can lead to bone problems.

✗ Vitamin D helps your body use calcium to make your bones and teeth strong.

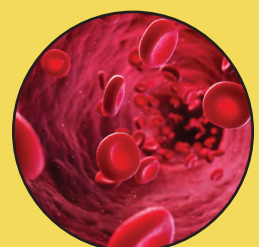


K



✓ Lack of vitamin K can lead to blood problems.

✗ Vitamin K helps your body stop bleeding when you get a cut.



Vitamins and Minerals

Date: _____

Vitamin A

The health benefit of Vitamin A is ...

Good sources of Vitamin A are...

Vitamin B

The health benefit of Vitamin B is ...

Good sources of Vitamin B are...

Vitamin C

The health benefit of Vitamin C is ...

Good sources of Vitamin C are...