

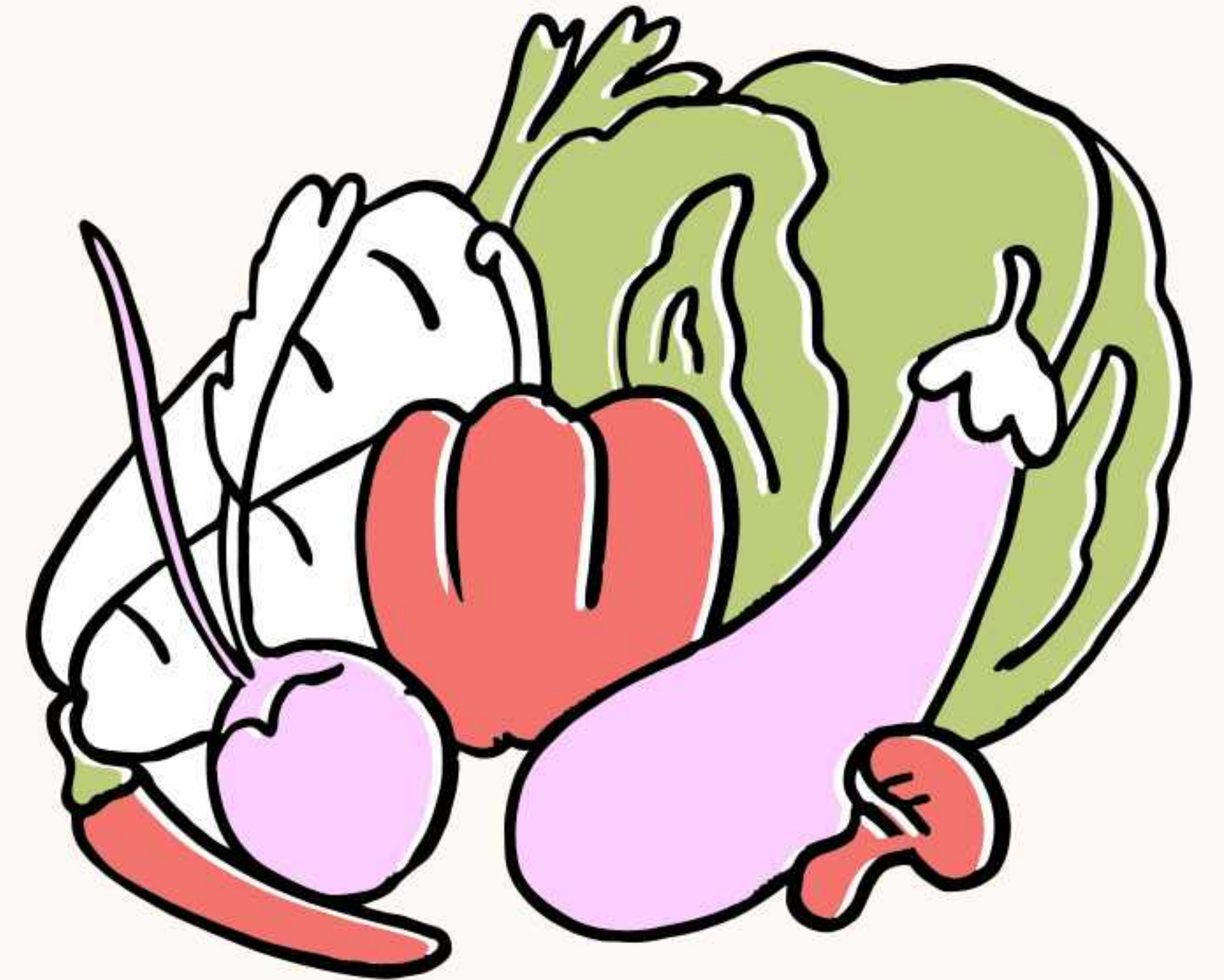


**YOU ARE
WHAT YOU
EAT?**

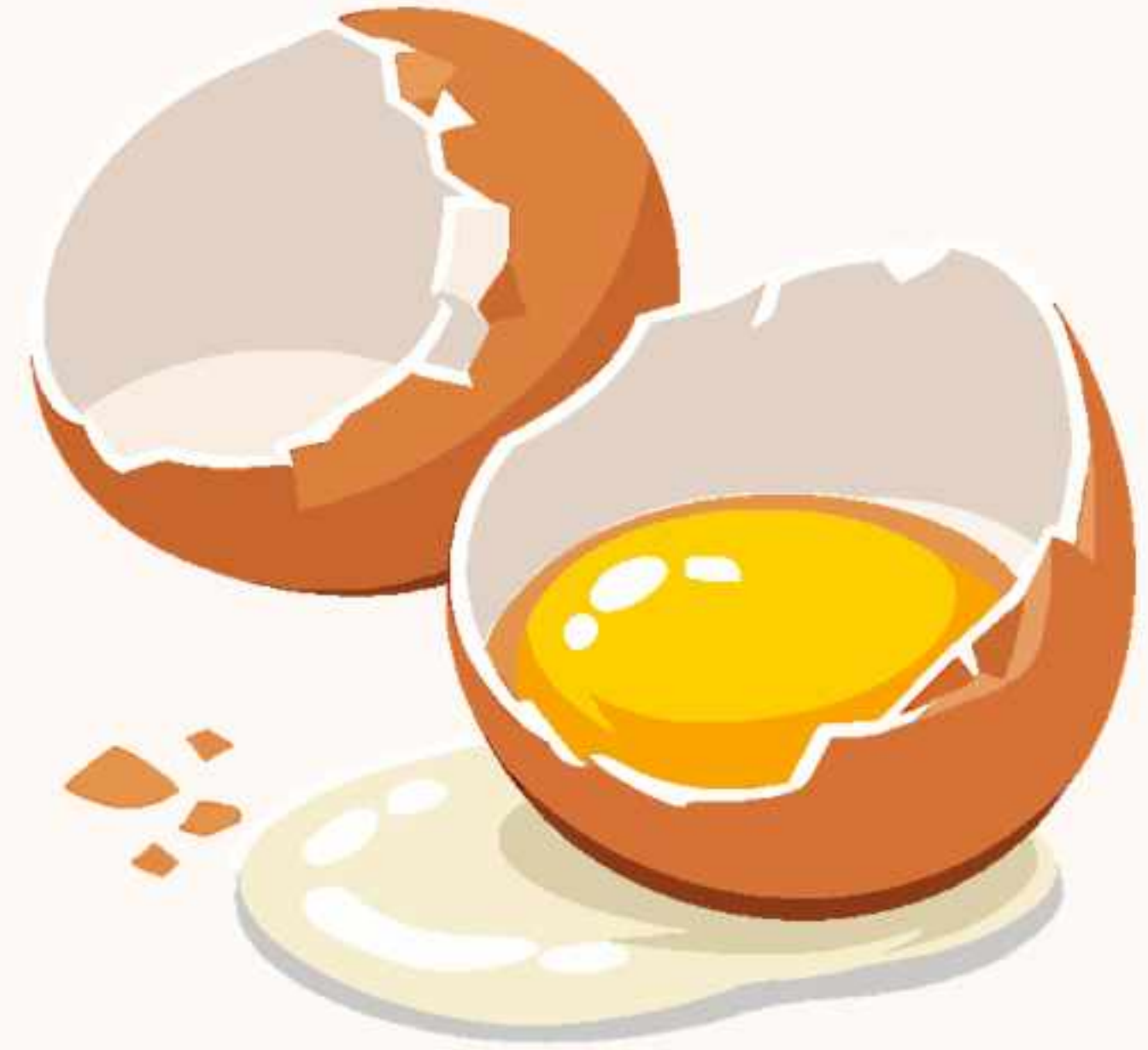
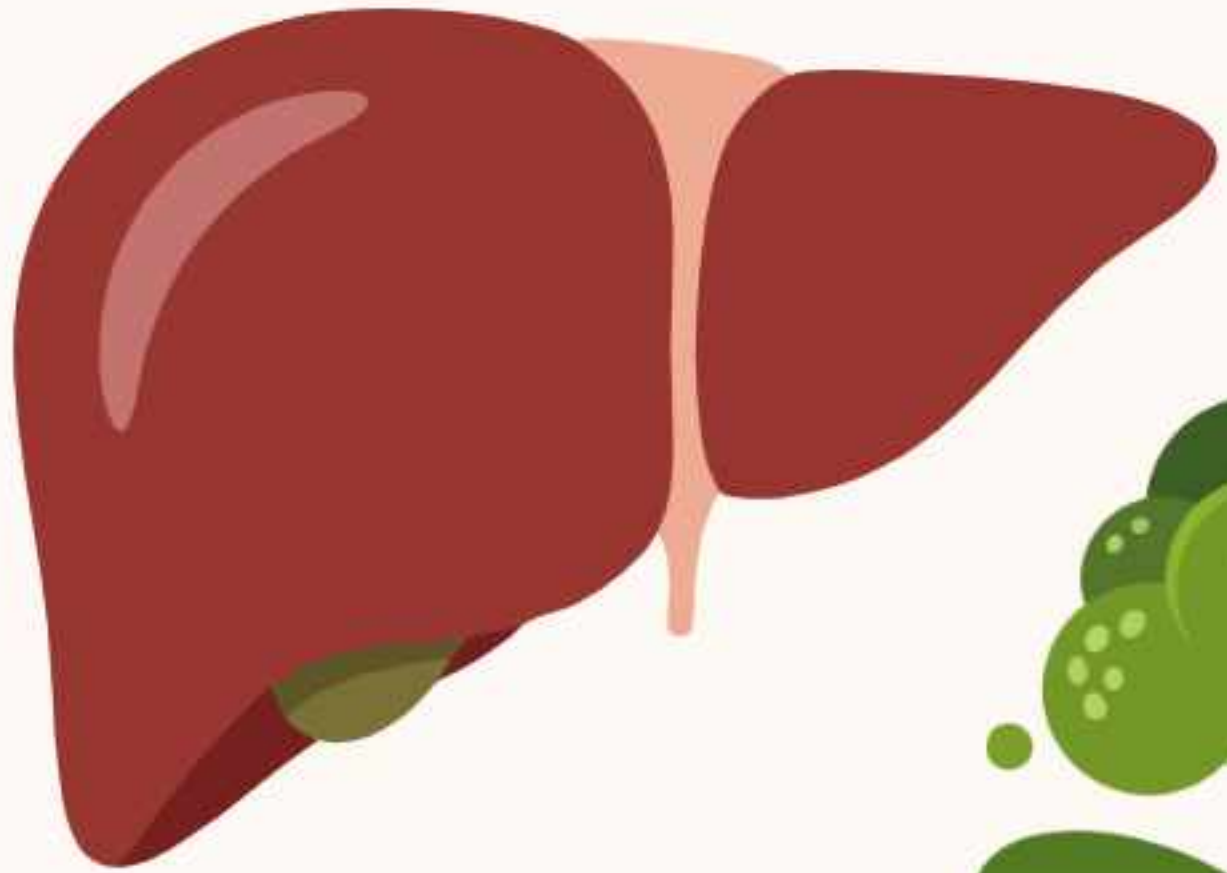
VITAMINS

WHAT ARE VITAMINS?

Vitamins are nutrients our body needs to stay healthy.



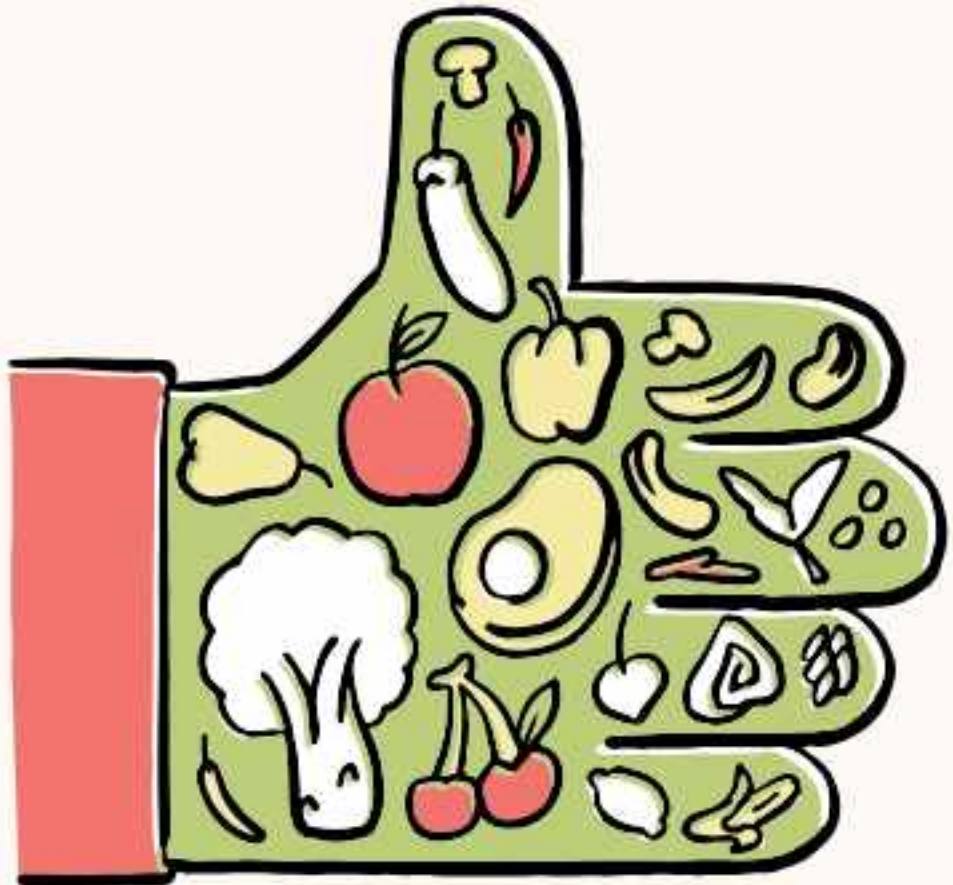
VITAMIN A



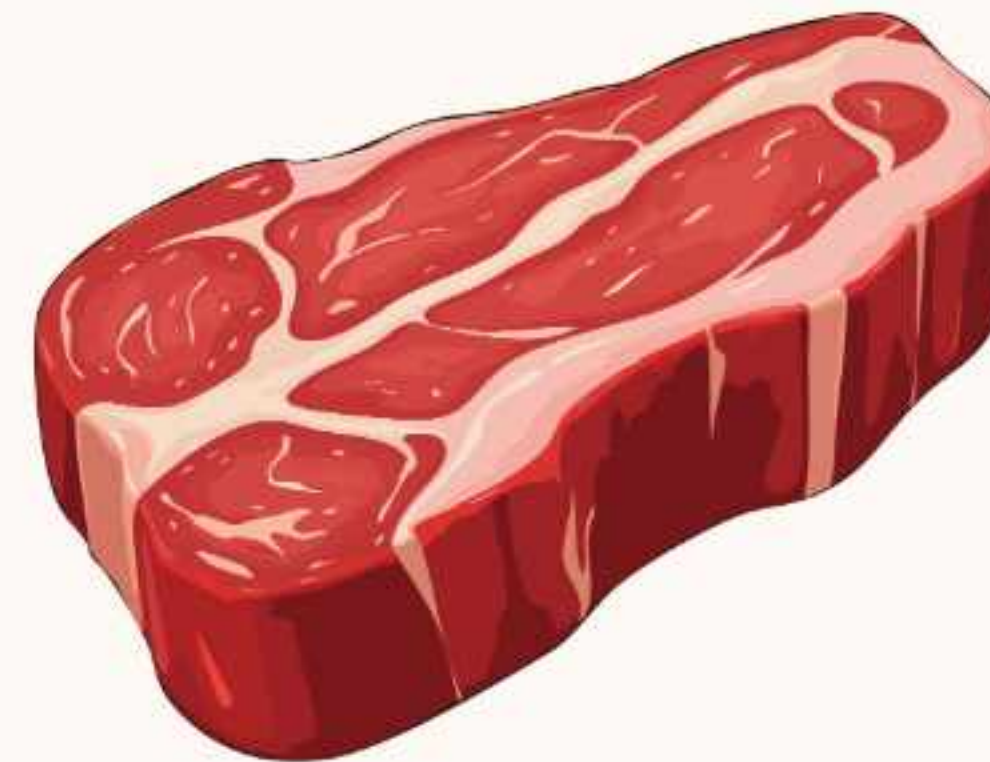
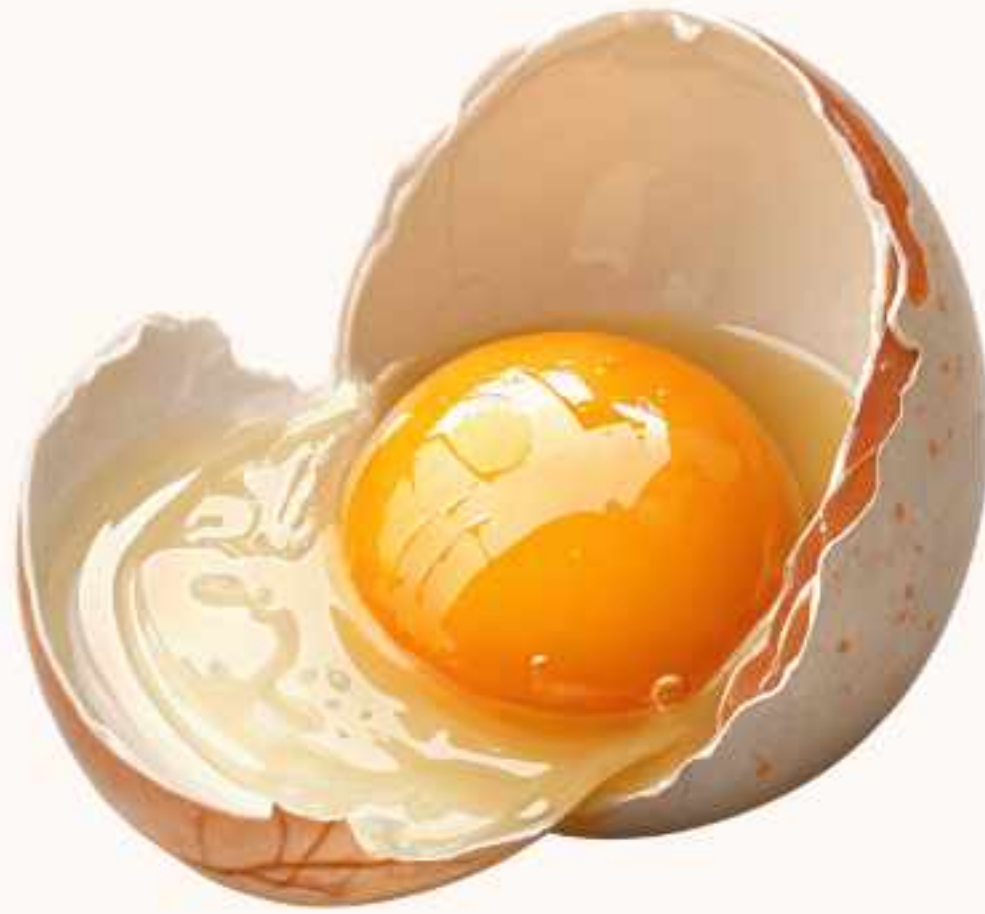
VITAMIN A

Vitamin A **keeps** the eyes **healthy**.

Lack of vitamin A can lead to eye problems.



VITAMIN B1



VITAMIN B1

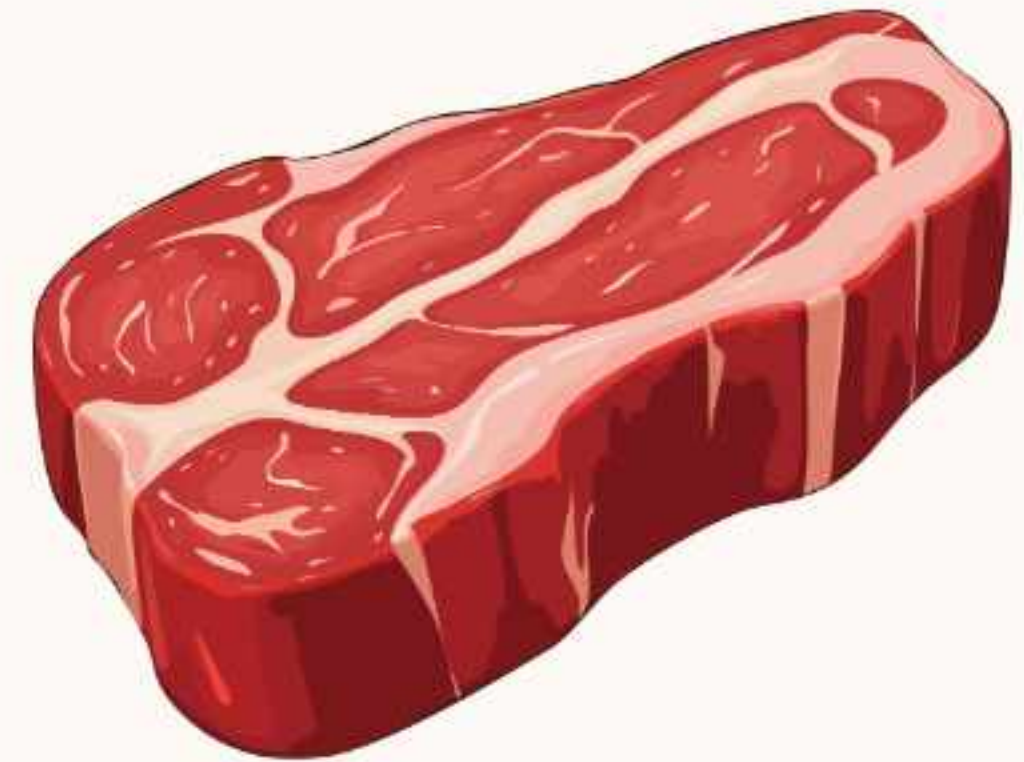
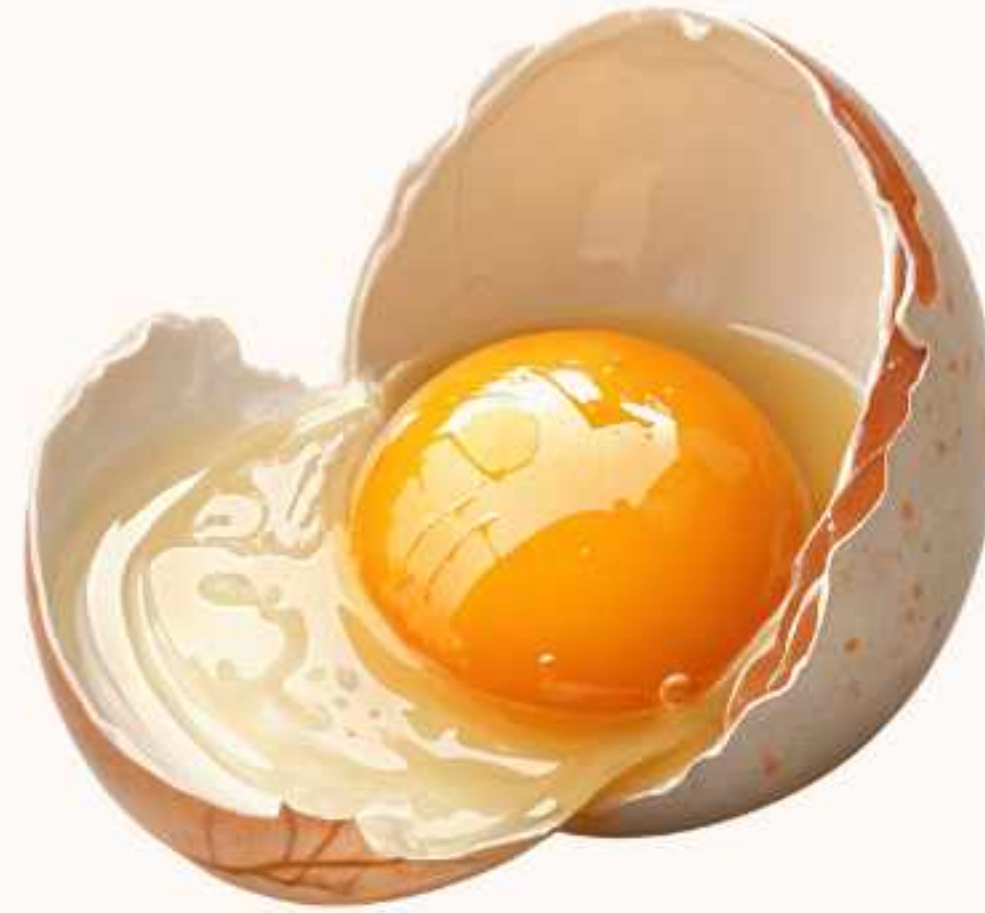


Vitamin B1 keeps your energy levels up and supports a healthy nervous system.

Lack of vitamin B can lead to diseases such as anemia. You may feel tired or ill.



VITAMIN B2

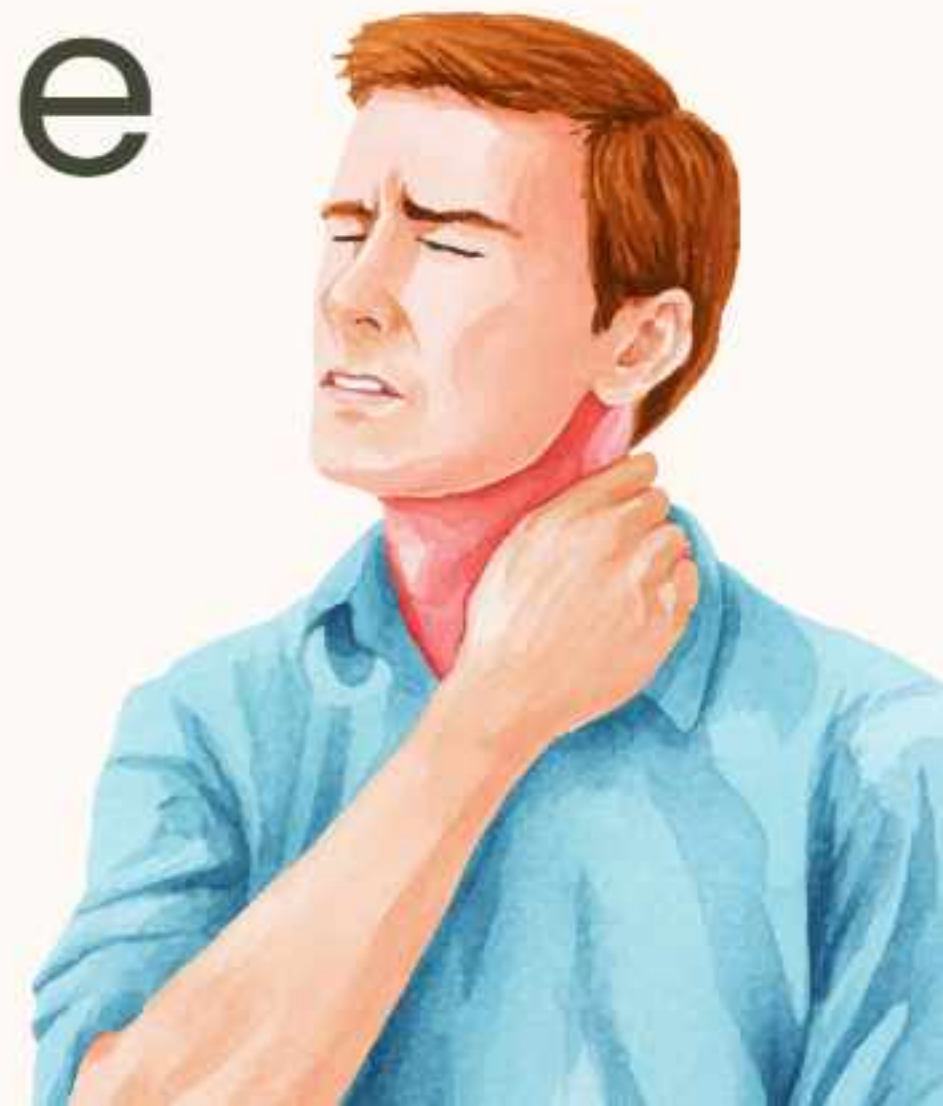
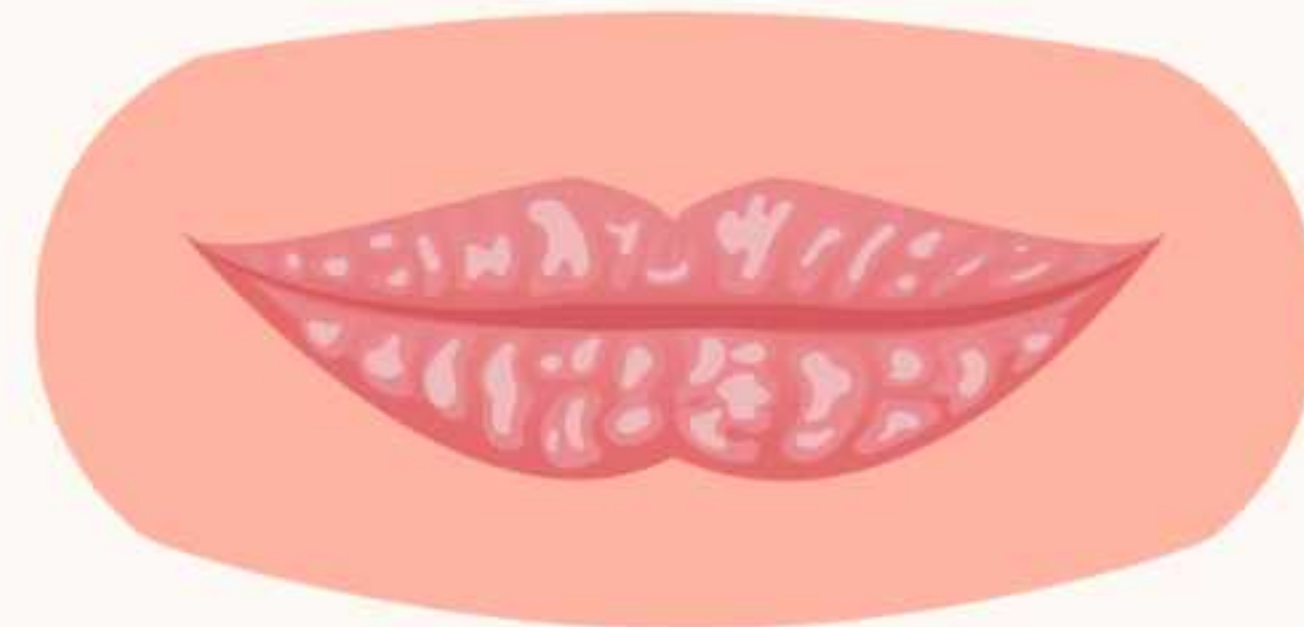


VITAMIN B2



Vitamin B2 keeps the skin healthy.

Lack of vitamin B2 can lead to symptoms like sore throat or cracks on the skin, especially around the mouth.



VITAMIN C



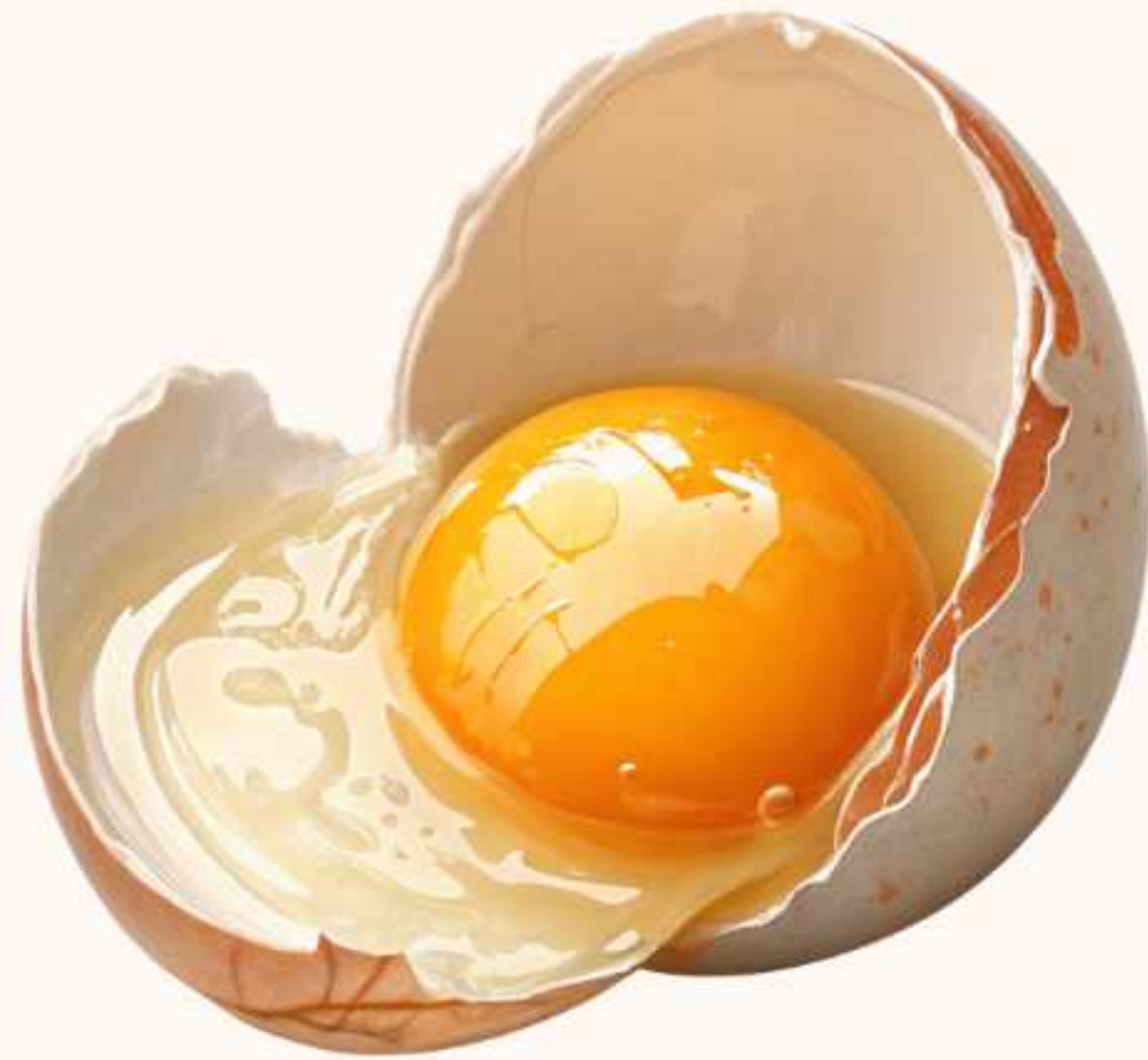
VITAMIN C

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.



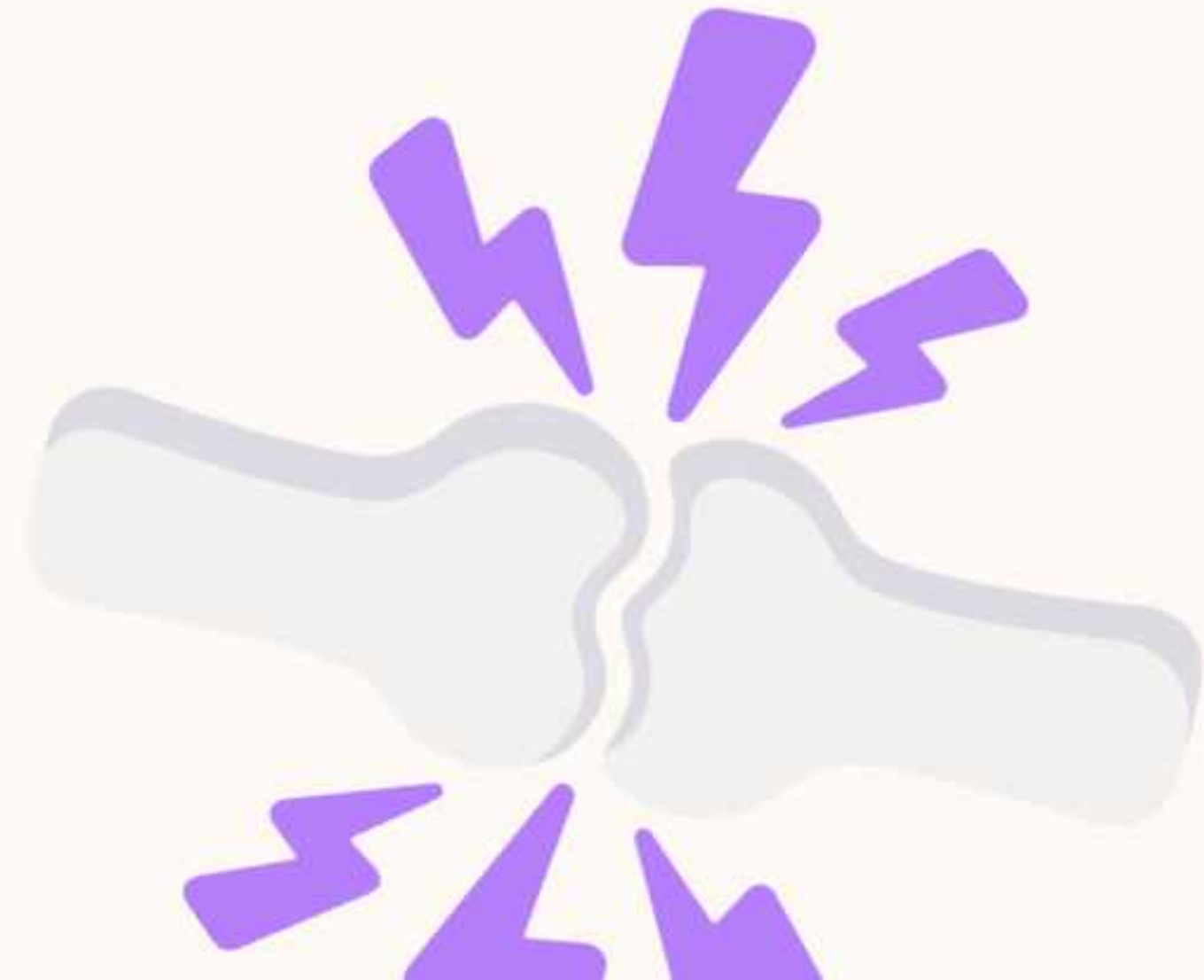
VITAMIN D



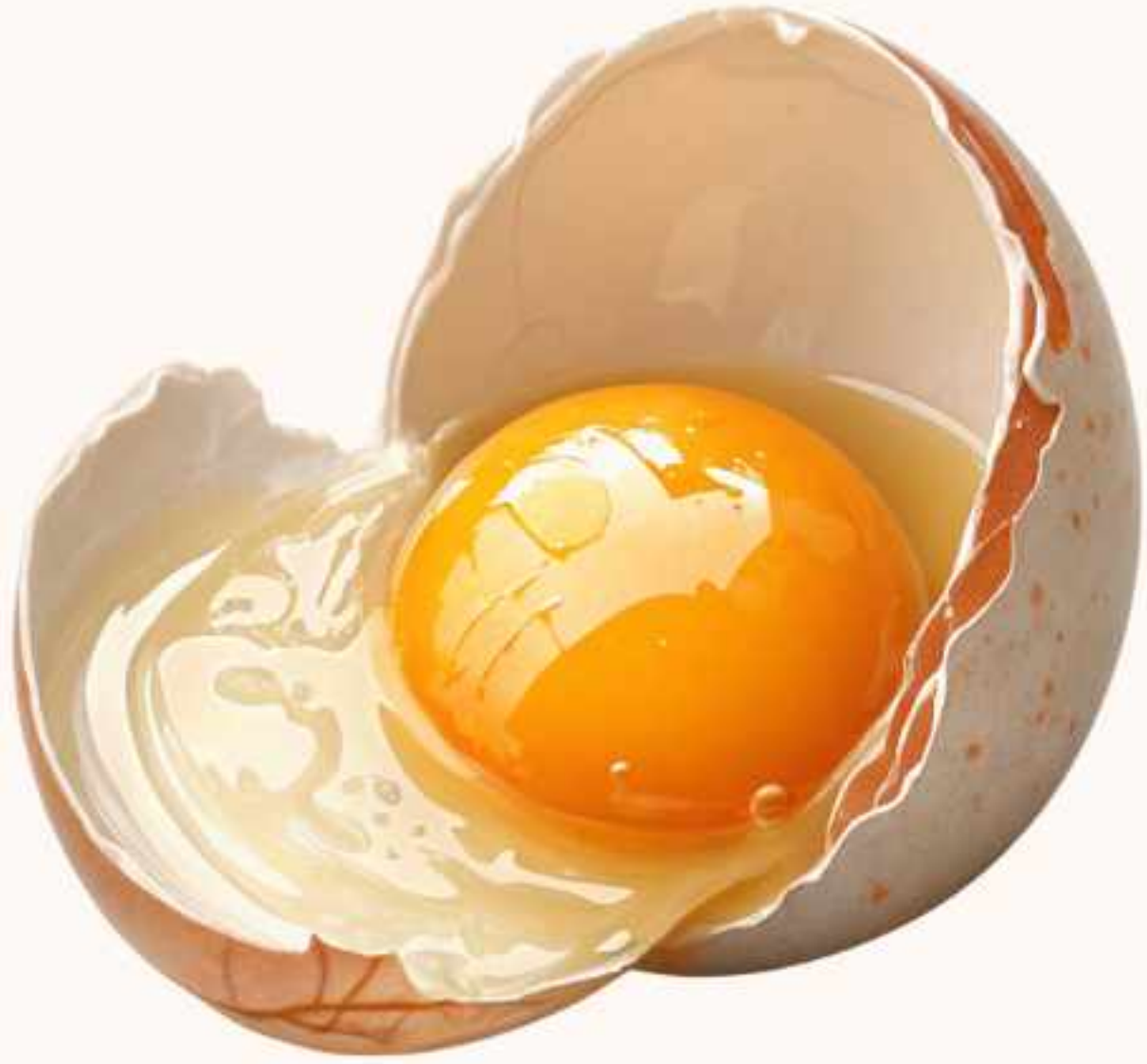
VITAMIN D

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

Lack of Vitamin D can lead to bone problems.



VITAMIN K



VITAMIN K

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

Lack of vitamin K can lead to blood problems.



THANK YOU
VERY MUCH

