



VITAMINS

A glass of milk is the central focus, with a variety of fresh produce floating around it. The produce includes a green apple, a red tomato, a lime slice, a kiwi, a banana, a cucumber, a red bell pepper, a yellow bell pepper, a slice of ginger, a whole avocado, a slice of lemon, a whole coconut, and a head of broccoli. The background is a light blue gradient.

A

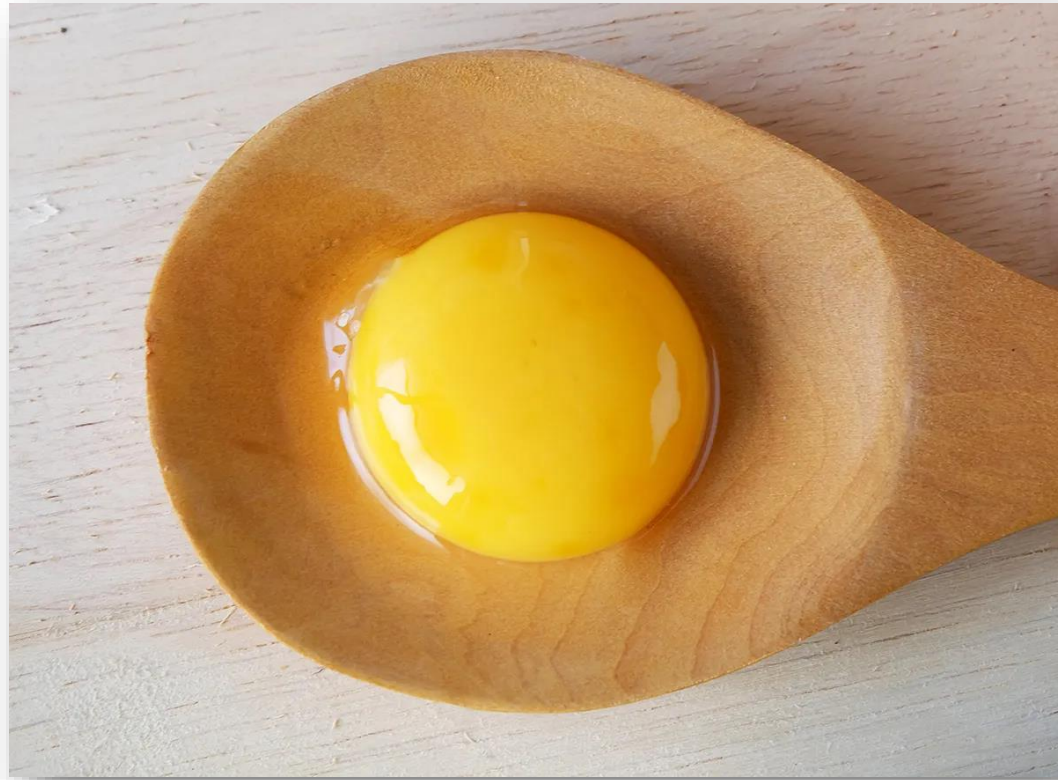
B1

B2

C

D

K



Vitamin **B12**



Vitamin A

Vitamin B1

Vitamin B2

Vitamin D



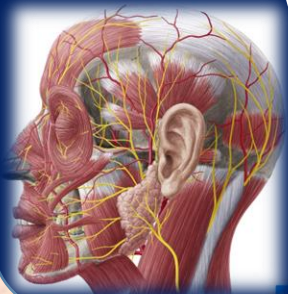
VITAMIN
A

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.



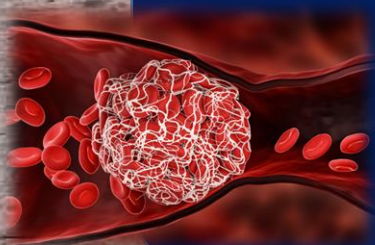


VITAMIN
D

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 filled with sliced carrots, a small wooden bowl containing a bright orange liquid (egg yolk), a block of butter, and a small white bowl of milk. In the foreground, a small chalkboard has the words "VITAMIN A" written on it in white chalk. Four white, cloud-shaped callouts with blue outlines are overlaid on the image, each containing a food item name in bold black text.

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:



fruit

vegetables

Some foods that contain vitamin C:



fish

egg yolk

Some foods that contain vitamin D:

V
i
t
a
m
i
n
D

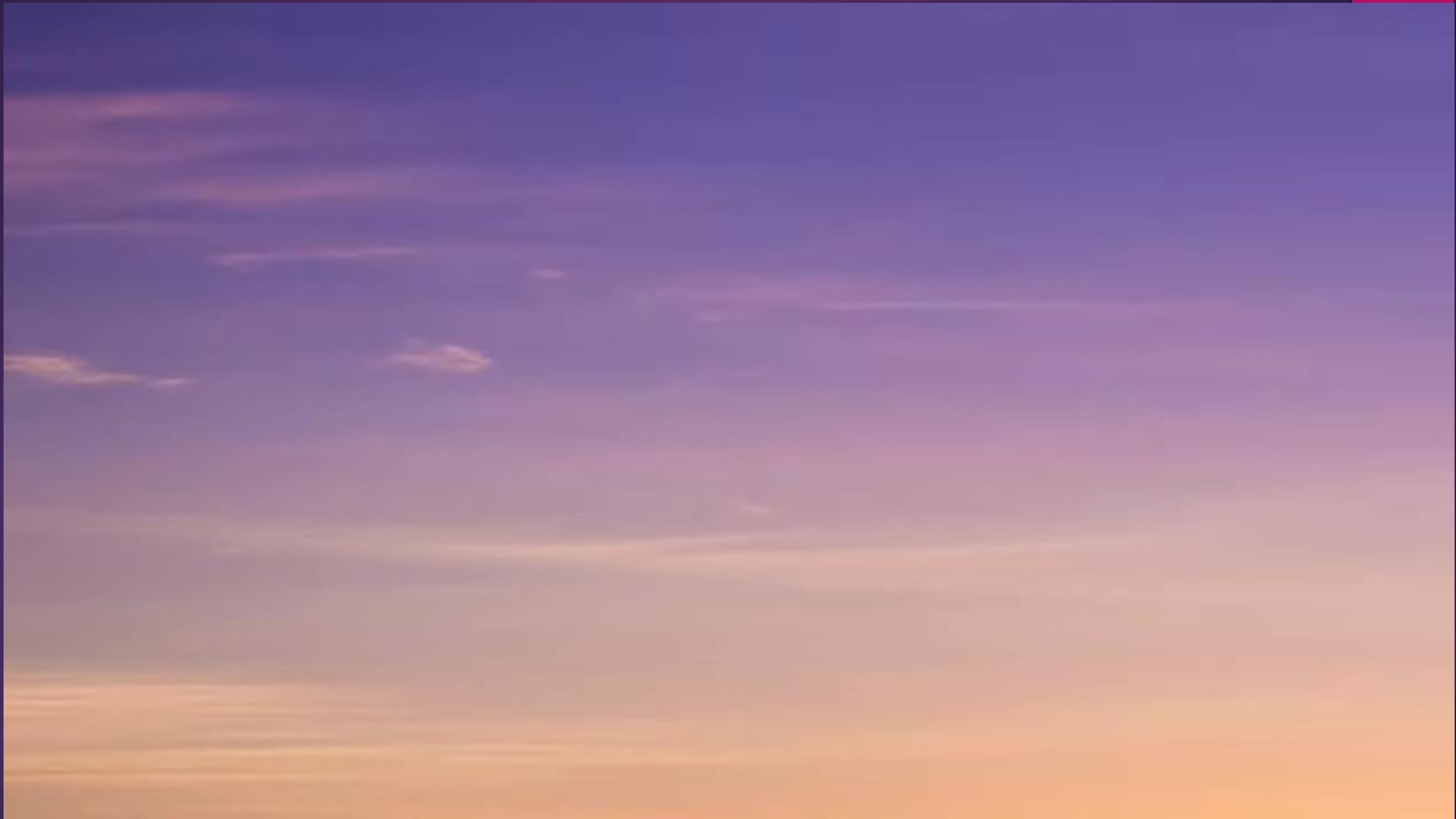


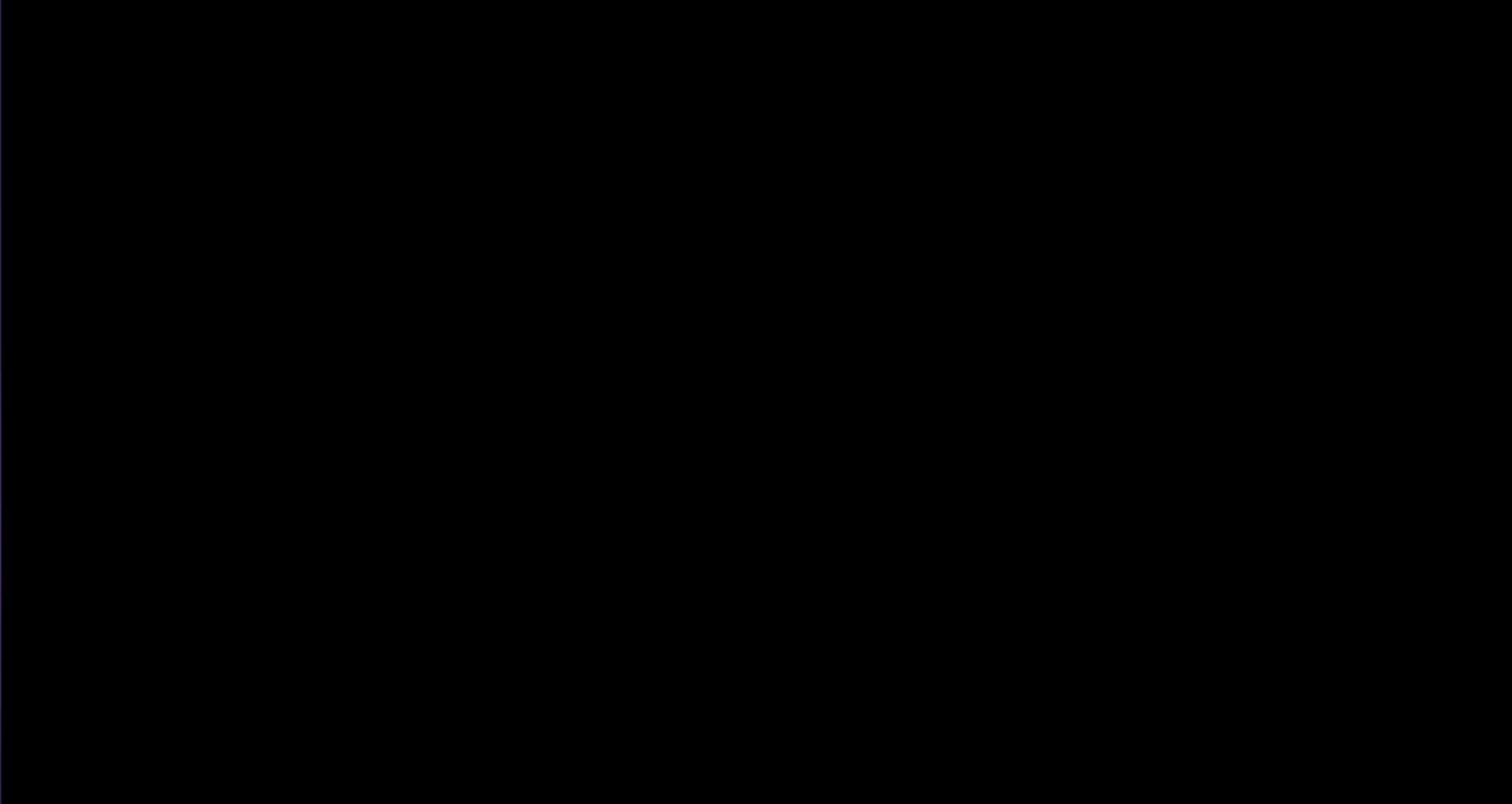


green vegetables

egg yolk

Some foods that contain vitamin k:



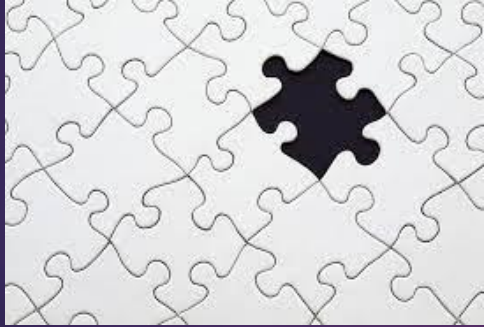


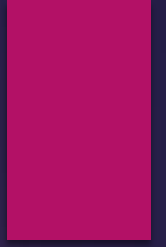
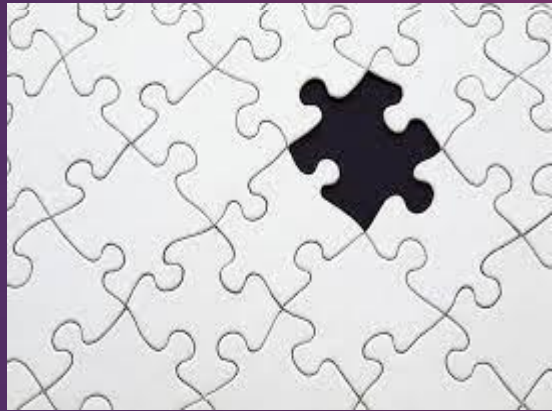
VITAMINS



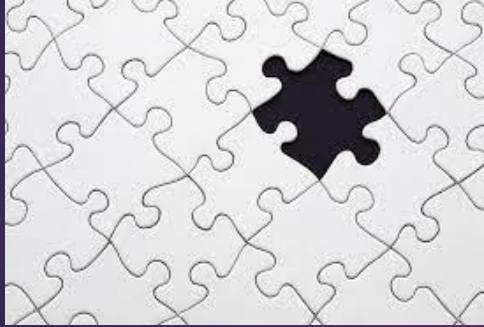


Lack of vitamin A can lead to eye problem.



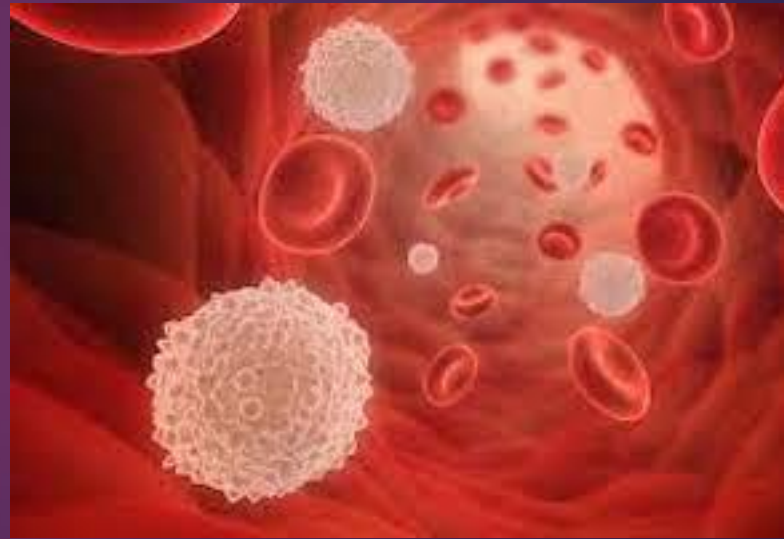
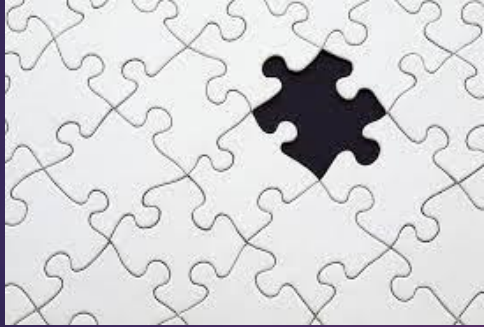


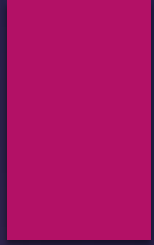
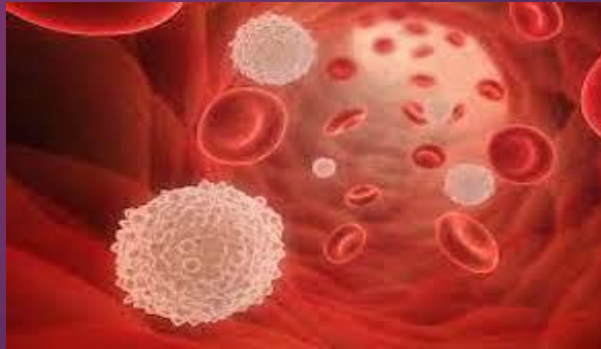
Lack of vitamin D can lead to bone problem.





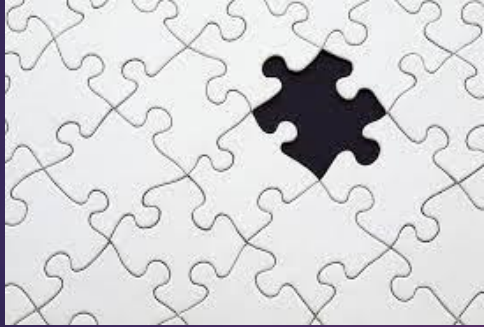
Lack of *vitamin k* can lead to *blood problem*.

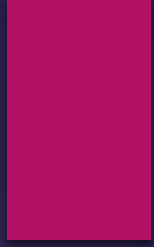




Lack of **vitamin B** can lead to diseases such as **anemia**.

You may feel tired or weak.





Lack of vitamin c can lead to skin problem.

