

You Are What You Eat

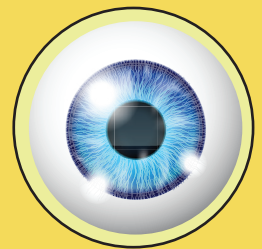
vitamins functions and Deficiency Effects

A

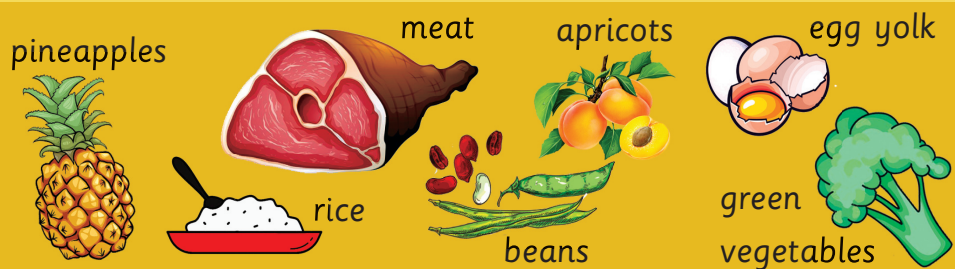


✓ Vitamin A keeps the eyes healthy.

✗ Lack of vitamin A can lead to eye problems. Lack of vitamin A can lead to eye problems.



B1

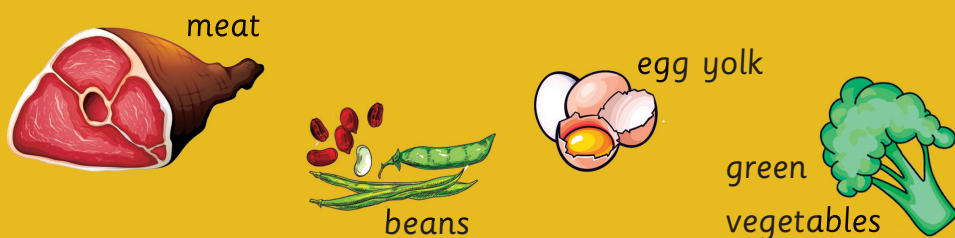


✓ Vitamin B1 keeps the nerves healthy.

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

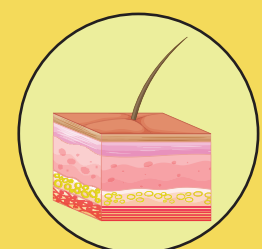


B2



✓ Vitamin B2 keeps the skin healthy.

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



Name: _____

Grocery Day



You are tasked to do your week's grocery shopping. Select items for your family. Pick out foods that would provide a lot of vitamins for your family. Write your answers on the grocery list below.

Shopping List

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

