

A close-up photograph of a fresh salad in a white bowl. The salad includes green lettuce, sliced cucumbers, cherry tomatoes, and pieces of meat, possibly chicken or pork, with a dark sauce. The background is slightly blurred, focusing attention on the fresh ingredients.

Alavi

National Science Week

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Do you like salad?



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What about fruit salad?

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**Are you ready to make fruit
salad?**

We need...



Alavi

+



+



+



**Chop up the fruits
and mix them.**



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What vitamins has it got?

Can you name different types of
vitamins?



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K

A

B₁



D

C

B₂

Alavi



- A** ✓
- B₁**
- B₂**
- C**
- D**
- K**

Carrots are a good source of vitamin A

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A

B₁ ✓

B₂

C

D

K

Pineapples are a good source of vitamin B1

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A



B₁

B₂

C

D

K

Bananas are a good source of vitamin A

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A

B₁

B₂

C ✓

D

K

Strawberries are a good source of vitamin.C

Alavi



A

B₁

B₂

C ✓

D

K

Oranges are a good source of vitamin.C

Alavi



A

B₁

B₂

C

D ✓

K

Mushrooms are a good source of vitamin D

Alavi



A

B₁

B₂

C ✓

D

K

Apples are a good source of vitamins C and B2.

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A

B₁

B₂

C

D

K



Broccoli is a good source of vitamin K.

Alavi



A

B₁

B₂

C ✓

D

K

Kiwis are a good source of vitamin C.

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A

B₁

B₂ ✓

C

D

K

A bunch of grapes is a good source
of vitamin B₂

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**Make fruit salad and talk
about vitamins!**

