

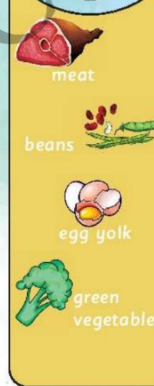


C	D	K
 <p>vegetables</p> <p>fruit</p>	 <p>fish</p> <p>egg yolk</p> <p>also made in the skin by sunlight</p>	 <p>peas</p> <p>green tea</p> <p>tomato</p> <p>egg yolk</p> <p>green vegetables</p>
keeps the skin, gums and blood vessels healthy	helps the bones to grow properly	needed for blood clotting

Primary Science

Sources of minerals and vitamins

This table lists some different vitamins and their importance in the body.

A	B1	B2
 <p>egg yolk</p> <p>milk</p> <p>liver</p> <p>carrots</p> <p>green vegetables</p>	 <p>pineapples</p> <p>rice</p> <p>meat</p> <p>green vegetables</p> <p>egg yolk</p> <p>apricots</p> <p>beans</p>	 <p>meat</p> <p>beans</p> <p>egg yolk</p> <p>green vegetables</p>
keeps eyes healthy	keeps nerves healthy	keeps the skin healthy