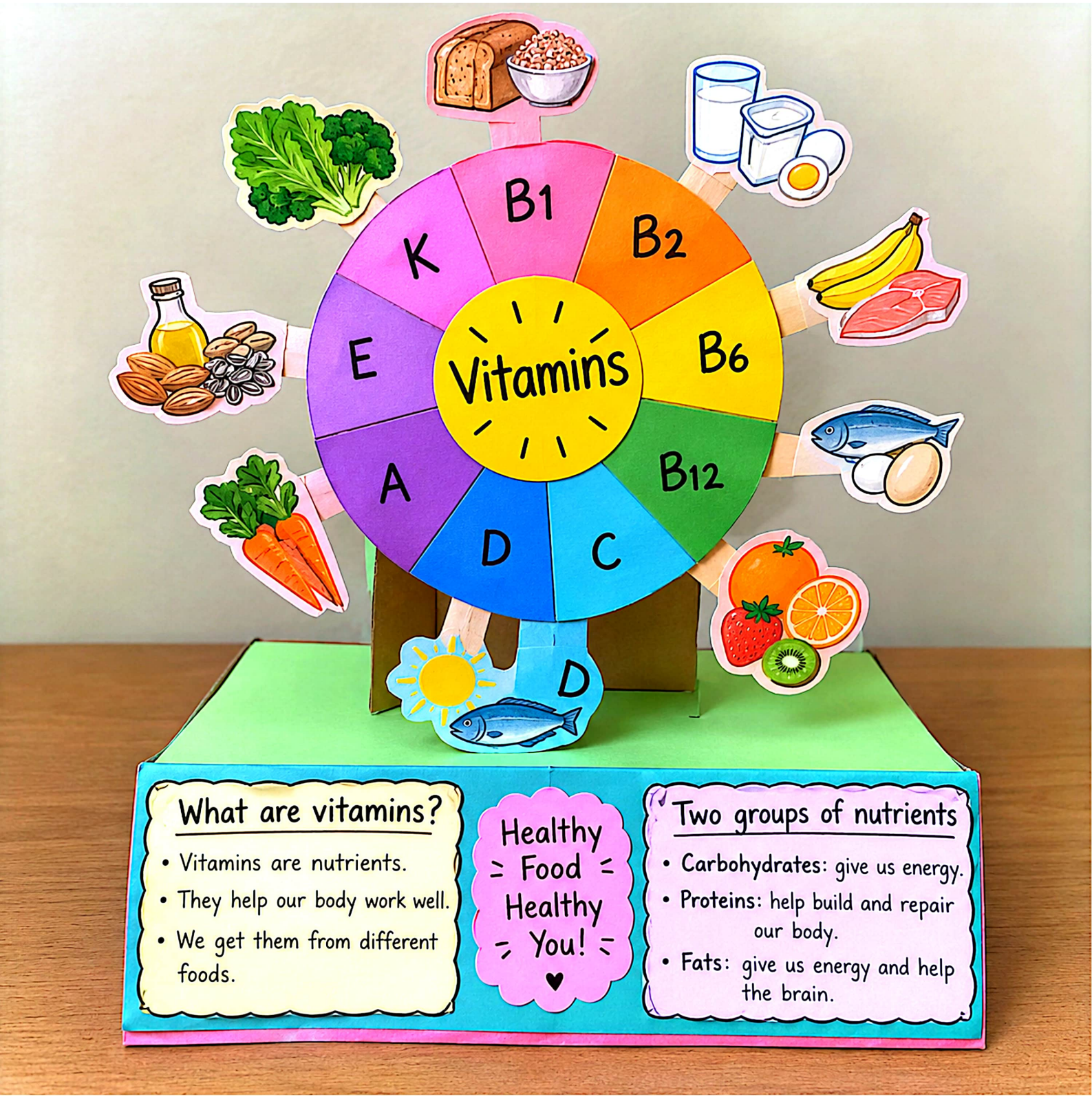

Vitamins
B1
B2
B6
B12
C
D
D
A
E
K
What are vitamins?
• Vitamins are nutrients.
• They help our body work well.
• We get them from different foods.
Healthy Food Healthy You!
Two groups of nutrients
• Carbohydrates: give us energy.
• Proteins: help build and repair our body.
• Fats: give us energy and help the brain.

CamScanner