



VITAMINS

A glass of milk is shown on the left side of the image. Various fruits and vegetables are scattered around it, including a green apple, a red tomato, a lime, a coconut, a banana, a cucumber, a red bell pepper, a slice of ginger, an avocado, and a slice of lemon. The background is a light blue color.

A

B1

B2

C

D

K

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 containing sliced carrots, a small wooden bowl with egg yolk, a block of butter, and a small white bowl with 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 point to specific items: "green vegetables" points to the spinach and broccoli, "milk" points to the white bowl, "egg yolk" points to the wooden bowl with yolk, and "carrots" points to the whole carrots.

milk

**green
vegetables**

egg yolk

carrots

Some foods that contain vitamin A:



VITAMIN
A

Vitamin **A** keeps
our eyes healthy.



B₁

egg
yolk

rice

nuts

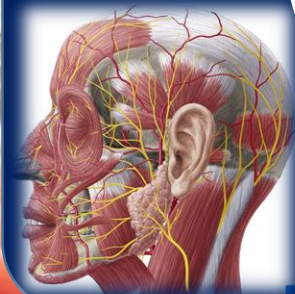
green
vegetables

Some foods that contain vitamin B₁:





VITAMIN
B₁



Vitamin **B1** keeps
nerves healthy.



egg yolk

meat

green
vegetables

Some foods that contain vitamin B2:

VITAMIN

B

Vitamin B2
keeps the
skin
healthy.





fruit

vegetables

Some foods that contain vitamin C:

Vitamin C
keeps the
skin and
gums
healthy.



Vitamin D



sunlight



fish



egg yolk

Some foods that contain vitamin D:



VITAMIN
D

Vitamin **D**
helps the
bones to
grow
properly.



green vegetables

egg yolk

Some foods that contain vitamin k:



Vitamin **K** needed for
blood clotting.

