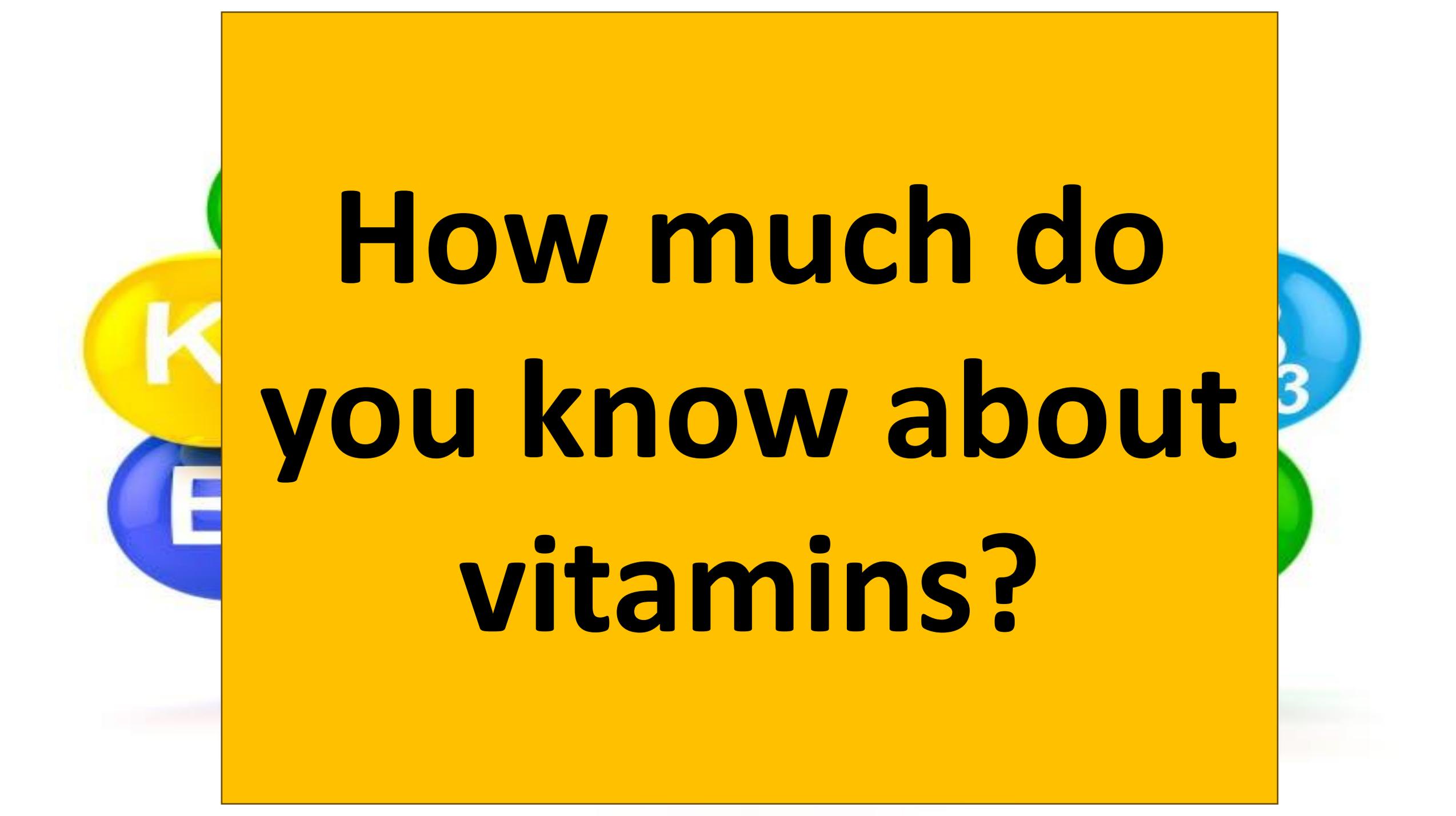


# Vitamins



**How much do  
you know about  
vitamins?**

A top-down photograph of rice grains and stalks on a dark wooden surface. A wooden spoon is filled with white rice grains in the center. To the right, there are several green rice stalks. In the bottom right corner, a portion of a burlap sack is visible. The background is a dark, textured wooden surface.

# Rice

Is a good source of  
vitamin **B1**

The background image shows several hard-boiled egg yolks. Some are in a white ceramic bowl with a bright green handle, while others are on a wooden cutting board. Fresh green parsley leaves are scattered around the eggs. The entire scene is set against a green and white plaid fabric.

# Egg yolk

Is a good source of  
vitamins **A,K,D,B1**



# Beans

Are a good  
source of  
vitamins B1, B2

A vibrant assortment of fresh fruits including raspberries, oranges, kiwi, blueberries, and apples. The fruits are arranged in a dense, colorful pile against a dark background. A light gray rounded rectangle is overlaid on the top center of the image, containing the word "Fruit" in green text. Another larger light gray rounded rectangle is overlaid on the bottom half of the image, containing the text "Is a good source of vitamin C" in green text, with the letter "C" highlighted in yellow.

**Fruit**

**Is a good source of  
vitamin C**

# Vegetables

Are a good source of  
vitamins **A, B1, B2, C, K**

# Milk

Is a good source of  
vitamin **A**



**Liver**

**Is a good source of  
vitamin **A****

A photograph of several fresh, bright orange carrots with green leafy tops. Some carrots are whole, while one is sliced into a round. They are arranged on a rustic wooden cutting board. A wooden-handled knife with a silver blade is positioned on the left side of the board. The background is a dark, textured wooden surface.

# Carrots

Are a good source of  
vitamin A



# Tomatoes

Are a good source  
of vitamin K

A wicker basket filled with sliced apricots is shown on a dark wooden surface. The apricots are cut into thin, round slices, revealing their yellow-orange flesh and pits. The basket is woven from light-colored wood. The background is a dark, textured wooden surface.

# Apricots

Are a good source of  
vitamin **B1**

# Pineapple

A photograph of a pineapple and sliced pineapple on a wooden cutting board. The pineapple is on the left, and the sliced pieces are on the right. The background is a dark green textured surface.

Is a good source of  
vitamin B1

A collage of fresh ingredients including fish, vegetables, and herbs on a wooden cutting board. The background shows a wooden cutting board with a fish fillet, fresh green leafy vegetables, and a small bowl of red sauce. In the foreground, there's a green banner with white text and a yellow banner with black text. The overall scene is set on a dark wooden surface.

# Fish

Is a good source of  
vitamin **D**

The background of the entire image is a bright blue sky with soft, white clouds. In the upper right corner, there is a bright sun with a lens flare effect, showing rays of light and colorful bokeh spots in shades of pink, purple, and blue.

# Sunlight

Is a good source of  
vitamin **D**

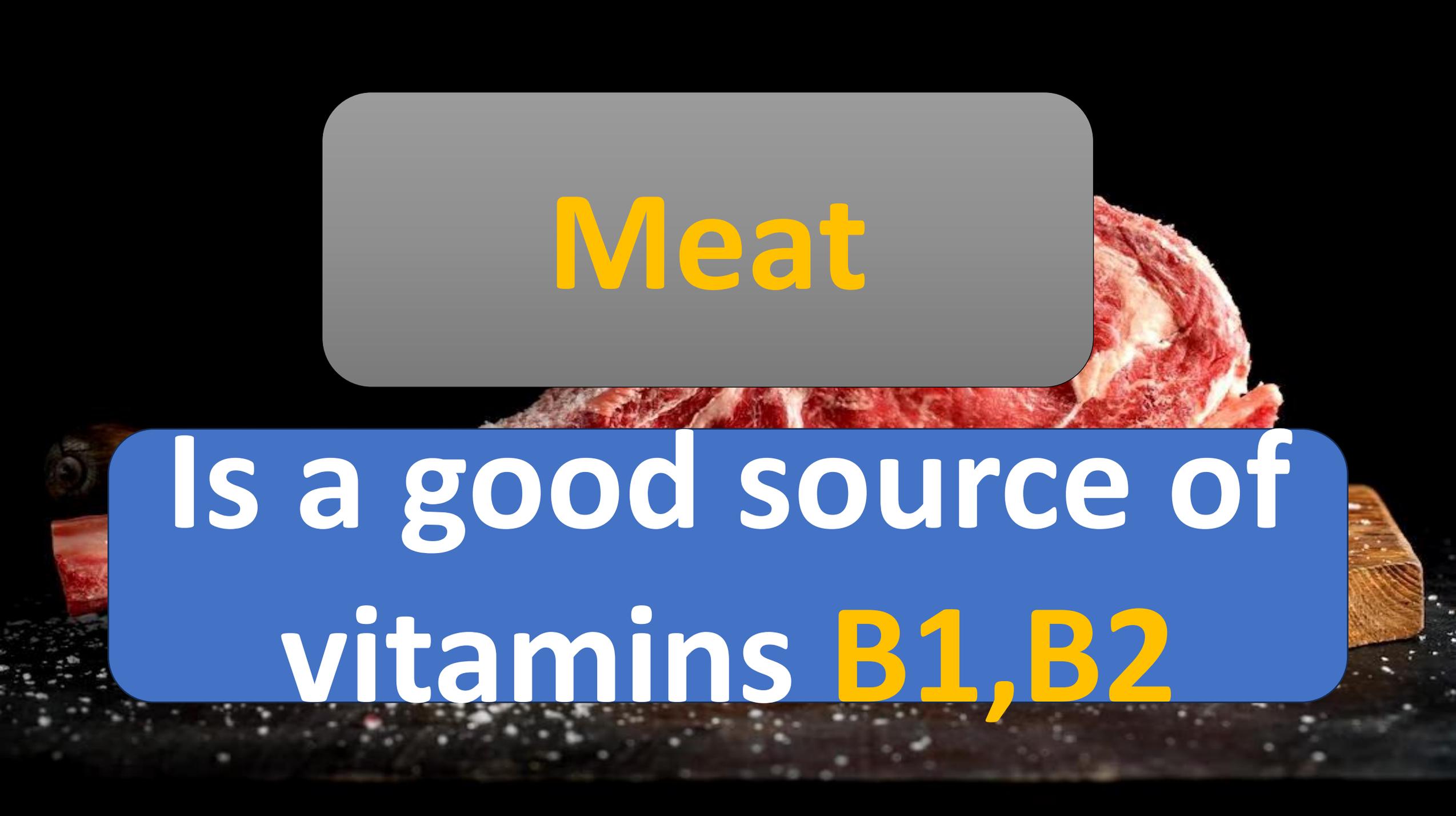


# Peas

Are a great source  
of vitamin **K**

# Green tea

Is a good source of  
vitamin **K**



# Meat

Is a good source of  
vitamins **B1, B2**



**Vitamin A is  
found in.....?**

A collage of various food items including bread, carrots, walnuts, almonds, and a hard-boiled egg, with a central yellow text box. The background features a dark grey surface with several food items: a slice of whole-grain bread, a bowl of sliced carrots, a bowl of walnuts, a bowl of almonds, a bowl of dark chocolate-covered almonds, and a hard-boiled egg. A central yellow text box with rounded corners contains the text "Vitamin B1 is found in.....?".

**Vitamin B1 is  
found in.....?**



**Vitamin B2 is  
found in .....?**

A wooden table with various fruits and vegetables. In the foreground, there is a whole orange on the left and a wooden cutting board with several sliced lemons. In the background, there are several kiwis (one whole, several sliced), two red bell peppers, and a white bowl filled with fresh spinach leaves. A silver bowl containing strawberries is also visible. A blue rounded rectangle is overlaid in the center, containing the text "Vitamin C is found in....?".

**Vitamin C is  
found in....?**

VITAMIN  
C

A top-down view of various food items including milk, butter, cheese, and vegetables on a dark blue textured surface. The items are arranged around a central yellow rounded rectangle containing text. The items include a white ceramic pitcher of milk, a wooden bowl of green peas, a block of butter on an orange tray, a slice of yellow cheese, a bowl of white cottage cheese, and fresh green herbs like parsley and carrots.

**Vitamin D is found  
in .....**

A top-down view of various fresh produce items arranged on a light-colored, textured surface. The items include several dark green spinach leaves, several small yellow potatoes, a bunch of fresh green parsley, a few sliced mushrooms, a whole carrot, and a small wooden bowl containing a mix of red and white beans. The text is overlaid on a green rounded rectangle in the center of the image.

**Vitamin K is  
found in .....?**