



VITAMINS

A glass of milk is the central focus, with a variety of fresh produce floating around it. The produce includes a green apple, a red tomato, a lime slice, a kiwi, a banana, a cucumber, a red bell pepper, a whole coconut, a slice of ginger, a slice of lemon, a whole avocado, and a head of broccoli. The background is a light blue gradient.

A

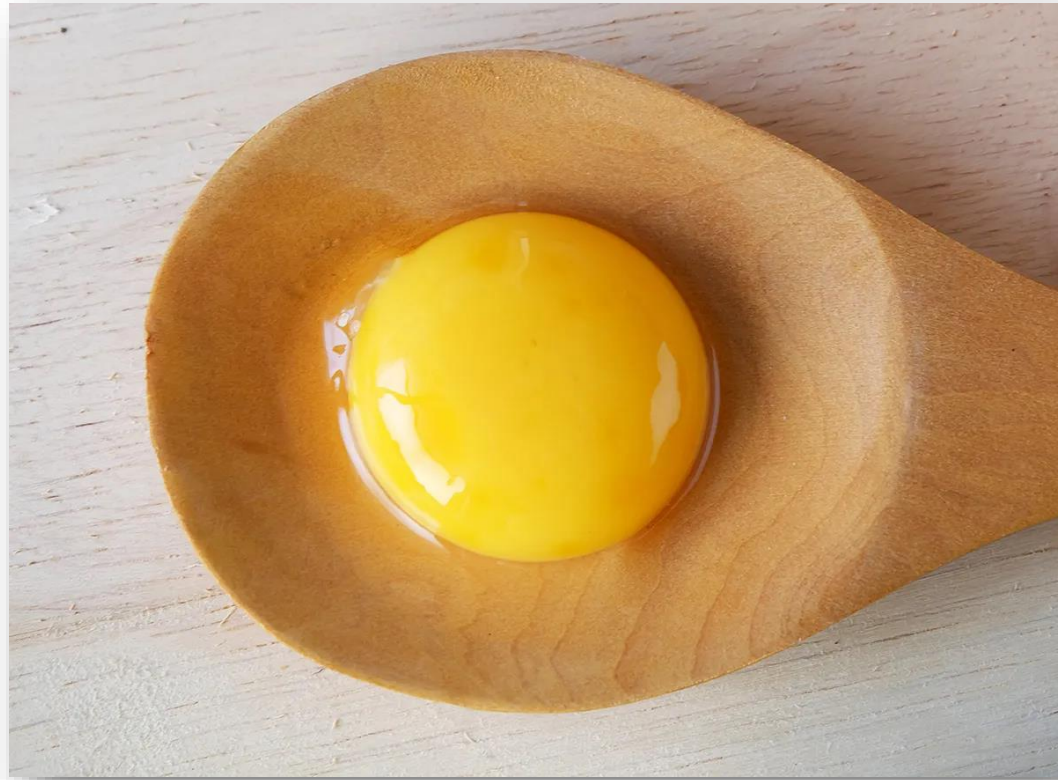
B1

B2

C

D

K



Vitamin **B12**



Vitamin A

Vitamin B1



Vitamin B2

Vitamin D





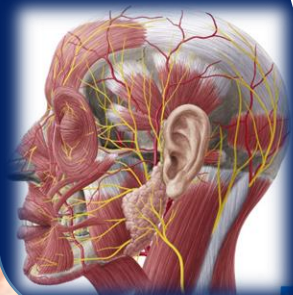
VITAMIN
A

Vitamin **A** keeps
our eyes healthy.





VITAMIN
B₁



Vitamin **B1** keeps the
nerves healthy.

VITAMIN

B

Vitamin B2
keeps the
skin
healthy.



Vitamin C
keeps the
skin and
gums
healthy.



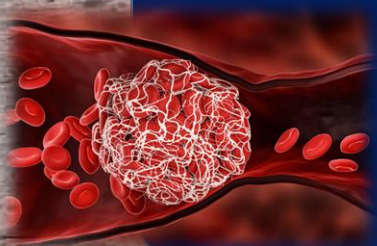


VITAMIN
D

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



Vitamin **K** needed for
blood clotting.



A top-down view of various food items on a light-colored surface. On the left, there are green leafy vegetables like spinach and a head of broccoli. In the center, there's a red bell pepper and a whole orange. On the right, there are several whole carrots, a small bowl of orange egg yolk, a block of butter, and a small bowl of white milk. In the foreground, a small chalkboard has the words "VITAMIN A" written on it in white chalk. Four white, cloud-like callouts with blue outlines point to specific items: "milk", "egg yolk", "green vegetables", and "carrots".

milk

**green
vegetables**

egg yolk

carrots

Some foods that contain vitamin A:



B₁

egg
yolk

rice

nuts

green
vegetables

Some foods that contain vitamin B₁:



egg yolk

meat

green
vegetables

Some foods that contain vitamin B2:



fruit

VITAMIN
C

vegetables

Some foods that contain vitamin C:



fish

egg yolk

Some foods that contain vitamin D:

Vitamin D





green vegetables

egg yolk

Some foods that contain vitamin k: