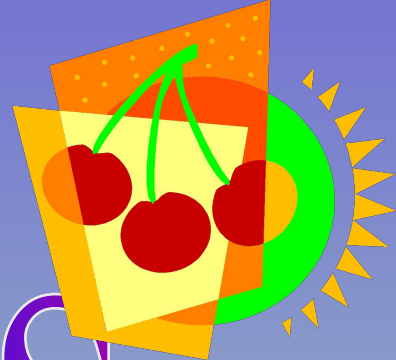


WHY ARE VITAMINS SO
GOOD FOR OUR
HEALTH?





Vitamins



A

B

C

D



Vitamin A



Vitamin A is in green and yellow vegetables, milk and eggs. It's necessary for seeing in the dark.



Vitamin B1



Vitamin B1 is in meat, porridge and bread. B1 is responsible for the nervous system. Lack of this vitamin leads to serious illnesses and even death.



Vitamin C

Vitamin C is in every fruit and vegetable.
You can find this vitamin in black currants,
strawberries, oranges and grapefruits,
onions, cabbages and green peppers.
Vitamin C is important for building bones
and teeth. It helps to prevent colds.

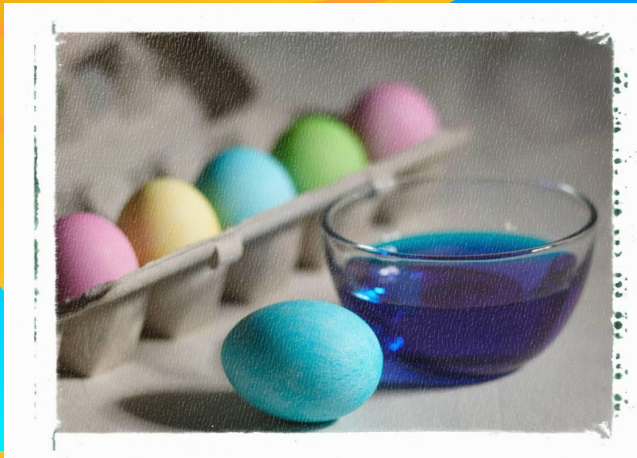




Vitamin D



Vitamin D is in eggs. People can also get it from sunlight. It makes our bones strong.

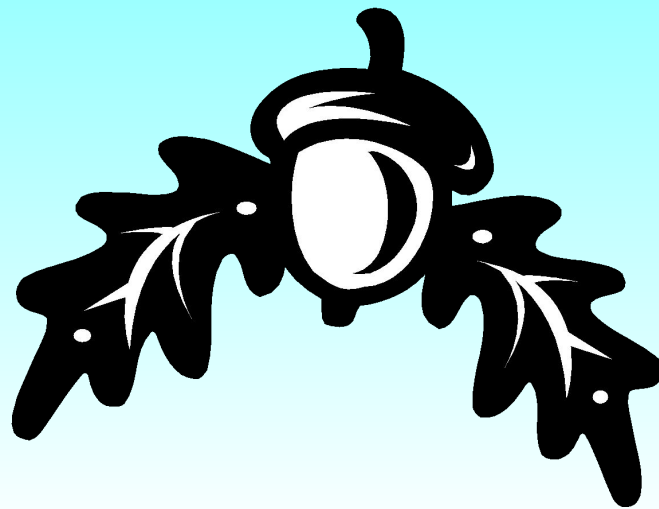




Vitamin E



Vitamin E is necessary for skin and body. It's the wheat and nuts.



Vitamin B6 and K

Vitamin B6 and K are necessary for human blood. You can find B6 in beans and milk; K – in potatoes, tomatoes and carrots.

