



# To be **HEALTHY**, we must...

1. *Eat noodles or rice **AND** some  
vegetables.*

2. *Drink juice, water and milk, **NOT** Coke*

3. *Eat some meat, **NOT** hamburger.*

4. *Eat some fruit, **NOT** candy or ice-cream.*

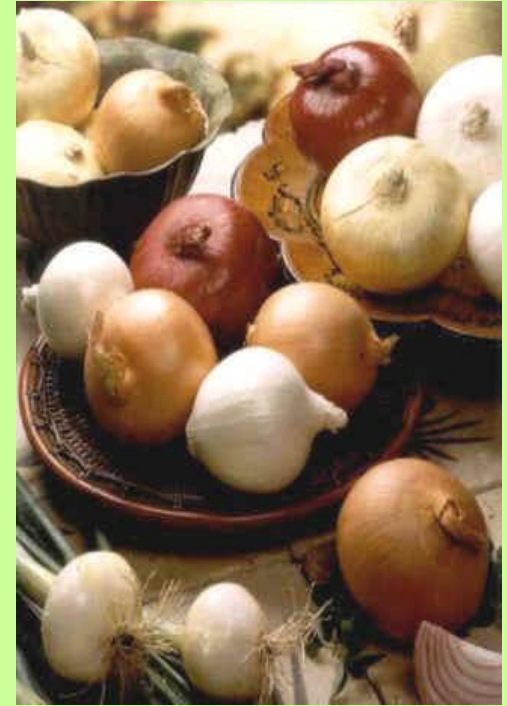
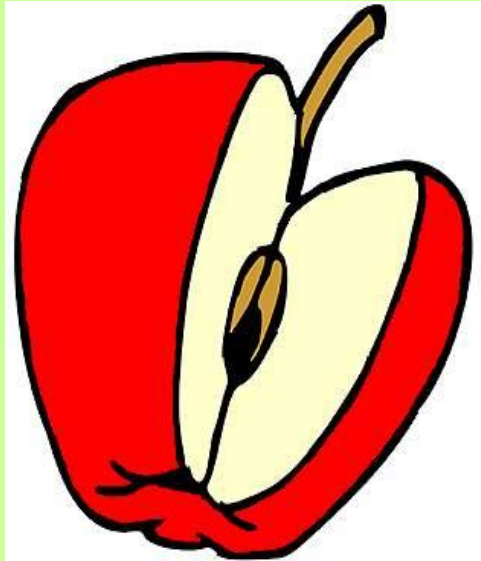
# Vitamins & Minerals

## for a Healthy Body

Vitamin and/or Mineral	What does it do?	Food Source
Calcium & Vitamin D	Builds strong bones and teeth.	
Vitamin A	Helps us fight infection & see better in the dark.	
Iron — (Fe)	Makes good red blood that gives us energy.	
Vitamin C	Helps wounds to heal and keeps our gums, teeth and skin healthy.	



# Vitamin A

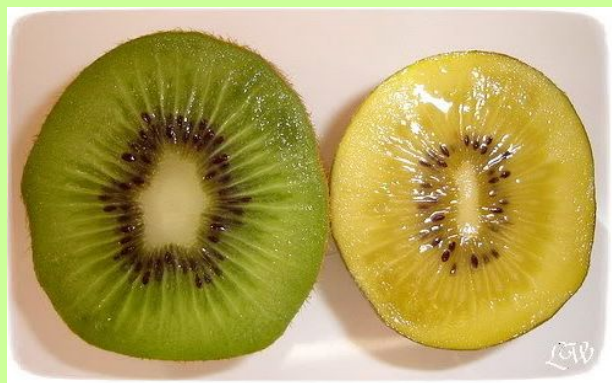
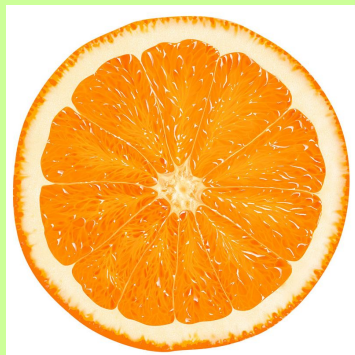


# Vitamin B





# Vitamin C



# Vitamin D







Thanks for listening!