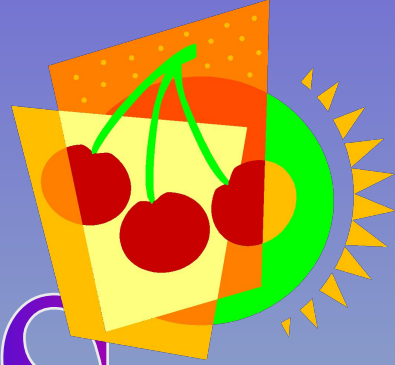


# WHY ARE VITAMINS SO GOOD FOR OUR HEALTH?





# 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




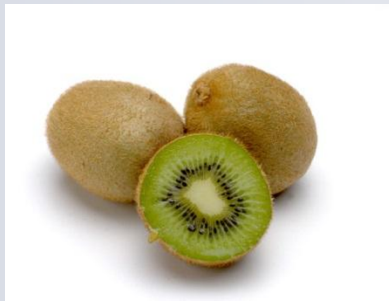
Vitamin B1 is in meat, porridge and bread. B1 is responsible for the nervous system. Lack of this vitamin leads to serious illnesses and even death.



# 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.

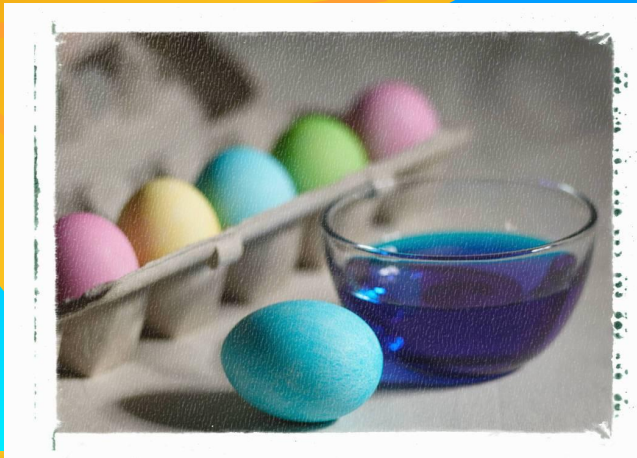




# Vitamin D



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

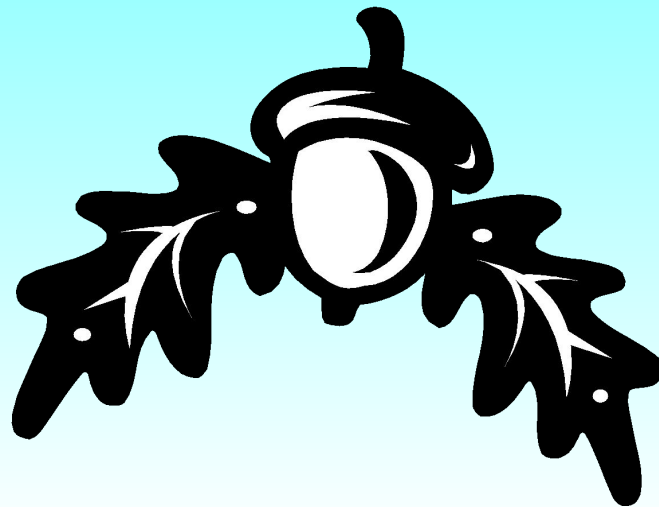




# Vitamin E



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.

