



# «Nutrition»



*Vitamin C* is needed to help the skin repair itself when it is cut or damaged. It is found in fruit, especially citrus fruit like oranges and grapefruit.

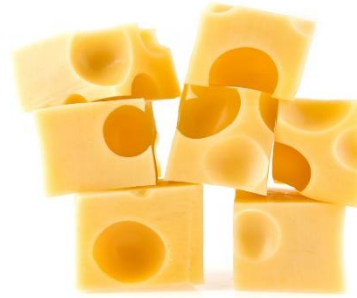


*The B-vitamins* keep the brain healthy and help reduce stress.

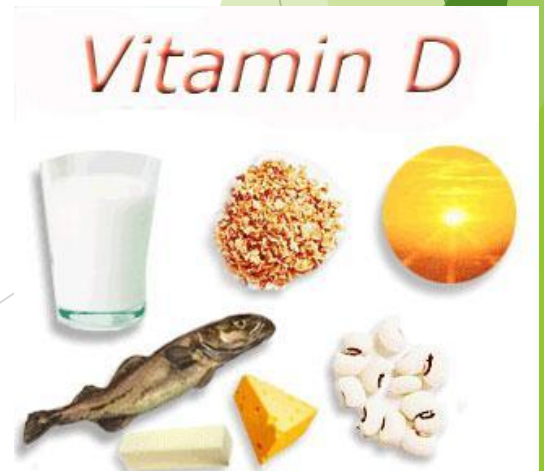
They are found in foods like wholegrain bread and cereals



*Vitamin A* keep the eyes healthy and is important for good vision. It is found in fatty foods like butter, cheese, whole milk and yoghurt.



*Vitamin D* is needed for healthy bones and teeth because it helps the body absorb calcium. Our body makes Vitamin D when our skin is exposed to sunlight.





*Calcium* is needed for children's bones and teeth to grow. It is found in food like milk, cheese and yoghurt.



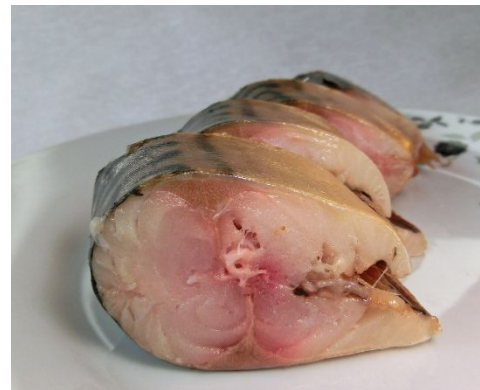
*Iron* helps your blood carry oxygen. If you do not get enough iron, you will be pale and tired and you may get anaemia. Iron is found in red meats, especially liver.



*Zinc* makes your immune system stronger so that you can fight colds and infections. It is found in shellfish, nuts and seeds.



*Omega-3* is an essential fatty acid which helps your organs function well. It is found in oily fish like mackerel, sardines, salmon and tuna.





***Protein*** builds up, maintains, and replaces, the tissues in your. Your muscles, your cardiovascular system, and your immune system are made up mostly of protein.



***Carbohydrates*** are sugars which are broken down by cells, then stored in the brain, as a source of energy. Grain products such as rice, bread, and pasta are sources of carbohydrate.



***Fats*** fuel the body and help absorb some vitamins. They are also the building blocks of hormones, and they insulate nervous system tissue in the body. Unsaturated fats, found in oils and nuts, for example, are believed to protect the nervous system.



# ***Glossary:***

***skin - кожа***

***brain- головной мозг***

***eyes- глаза***

***teeth- зубы***

***bones- кости***

***blood- кровь***

***immune system- иммунная система***

***organs- органы***

***cardiovascular system- CCC***

***muscles- мышцы***

***cells-клетки***