

Keeping Fit



Vitamins make people healthy.



Vitamin A

Sources of vitamin A and beta-carotene:

A

Vitamin A comes from animal sources such as eggs, meat, and dairy products

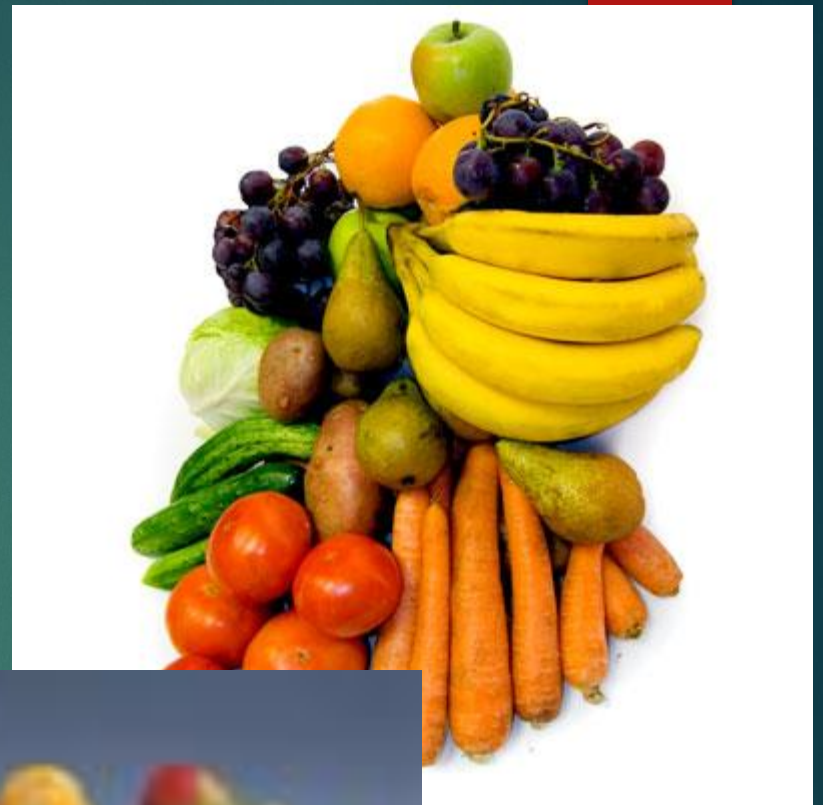
Beta-carotene, a precursor of vitamin A, comes from green, leafy vegetables and intensely colored fruits and vegetables



Vitamin B6

Витамин B6 содержится в бобовых, орехах, мясе, рыбе и хлебе





Vitamin D



The body itself makes vitamin D when it is exposed to the sun

Cheese, butter, margarine, fortified milk, fish and fortified cereals are food sources of vitamin D



#AD





Vitamin K

Food sources of vitamin K include cabbage, cauliflower, spinach and other green, leafy vegetables, as well as cereals





Bad Habits









Fast food



	Yes	No
1. <i>Do you often eat vegetables and fruit?.....</i>	<input type="checkbox"/>	<input type="checkbox"/>
2. <i>Do you do sports regularly?.....</i>	<input type="checkbox"/>	<input type="checkbox"/>
3. <i>Do you watch TV for more than an hour?</i>	<input type="checkbox"/>	<input type="checkbox"/>
4. <i>Do you eat chocolate, sweets, chips and biscuits every day?.....</i>	<input type="checkbox"/>	<input type="checkbox"/>
5. <i>Do you sleep 8-10 hours at night?</i>	<input type="checkbox"/>	<input type="checkbox"/>
6. <i>Do you sometimes think about how fit you are?</i>	<input type="checkbox"/>	<input type="checkbox"/>

Put "One" for each "Yes".

What is your total score?	<input type="checkbox"/>	<input type="checkbox"/>
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Now read about yourself:

- 0-3:** *Oh, dear! Forget about sweets and chips. You need fruit and vegetables and lots more exercises.*
- 3-4:** *Do more exercises and eat more carefully.*
- 5-6:** *You keep fit! Well done!*

