

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

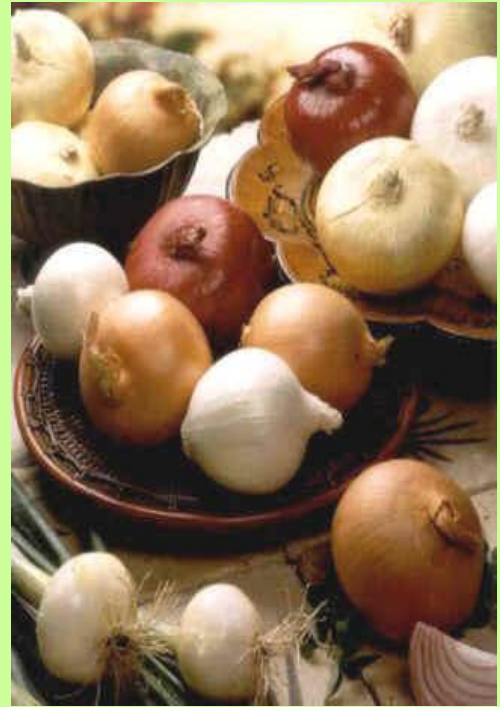
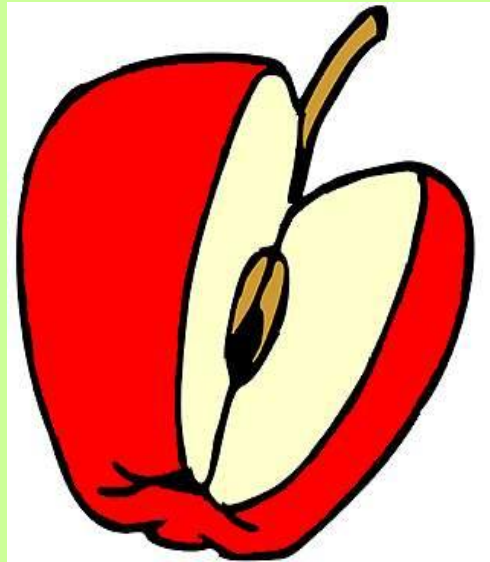
1. *Eat noodles or rice **AND** some vegetables.*
 2. *Drink juice, water and milk, **NOT** Coke*
 3. *Eat some meat, **NOT** hamburger.*
 4. *Eat some fruit, **NOT** candy or ice-cream.*
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Vitamins & Minerals

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.	

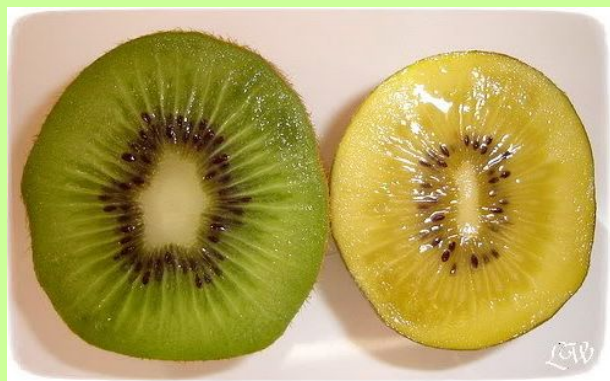
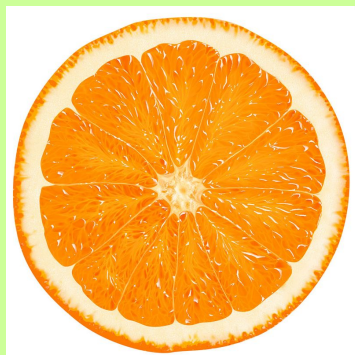
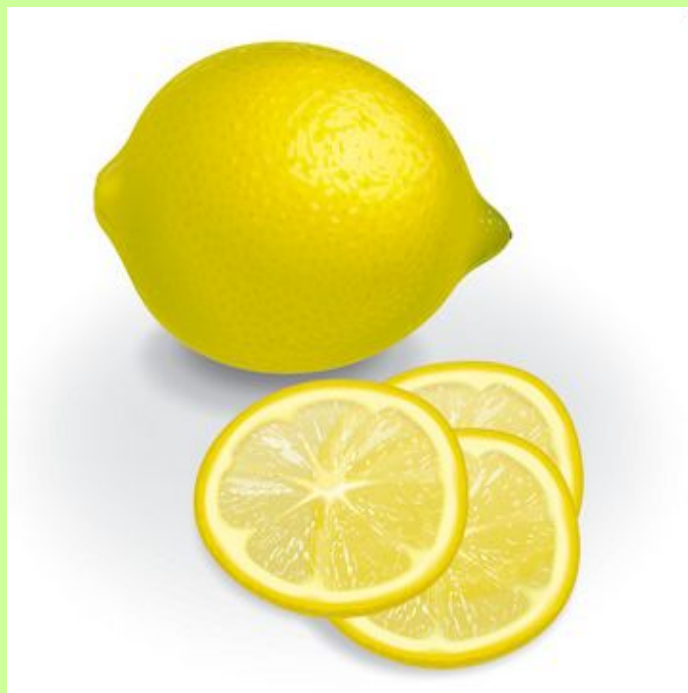
Vitamin A



Vitamin B



Vitamin C



Vitamin D





Thanks for listening!