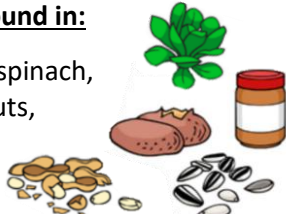

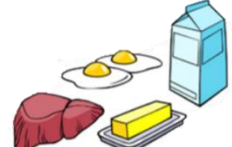





# VITAMINS!

Vitamins are nutrients that your body needs to work properly and stay healthy. Each vitamin provides the body with different benefits (or deficiencies if we do not get enough of them).

**Can you match up the vitamins below with their effects and what foods they can be found in?**

<p>This vitamin helps protect cells from damage and keep bones and skin healthy</p> <p><b>Deficiency problems include scurvy, tiredness and sore muscles</b></p>	<p>Vitamin A</p>	<p><b>This vitamin is found in:</b></p> <p>Sweet potatoes, spinach, peanut butter, nuts, sunflower seeds,</p> 
<p>This vitamin helps protect lungs against pollution damage and helps keep the heart, eyes and skin healthy</p> <p><b>Deficiency problems include nerve and red blood cell destruction</b></p>	<p>Vitamin B6</p>	<p><b>This vitamin is found in:</b></p> <p>Oranges, broccoli, kiwi strawberries, peppers brussel sprouts, spinach</p> 
<p>This vitamin helps blood clotting, which means it helps wounds heal properly.</p> <p><b>Deficiency problems include haemorrhaging</b></p>	<p>Vitamin B12</p>	<p><b>This vitamin is found in:</b></p> <p>Liver, egg yolks, milk, butter</p> 
<p>This vitamin helps our body use and store energy from protein and carbohydrates and forms haemoglobin in red blood cells</p> <p><b>Deficiency problems include headaches, convulsions, vomiting, flaky skin and a sore tongue</b></p>	<p>Vitamin C</p>	<p><b>This vitamin is found in:</b></p> <p>Liver, fish, milk, butter, eggs, carrots</p> 
<p>This vitamin helps to make new cells and keep our nervous system healthy</p> <p><b>Deficiency problems include anaemia and poor nerve function</b></p>	<p>Vitamin D</p>	<p><b>This vitamin is found in:</b></p> <p>Liver, cabbage, spinach, lettuce, meat, eggs</p> 
<p>This vitamin helps the immune system work properly, with eyesight, the growth of body parts and keeping skin healthy</p> <p><b>Deficiency problems include night blindness, poor growth and dry skin</b></p>	<p>Vitamin E</p>	<p><b>This vitamin is found in:</b></p> <p>Spinach, broccoli, banana watermelon, chicken breast, milk</p> 
<p>This vitamin helps keep bones and teeth strong and healthy</p> <p><b>Deficiency problems include rickets (deformed bones) and weak bones</b></p>	<p>Vitamin K</p>	<p><b>This vitamin is found in:</b></p> <p>Meat, fish, poultry, milk, cheese, eggs</p> 