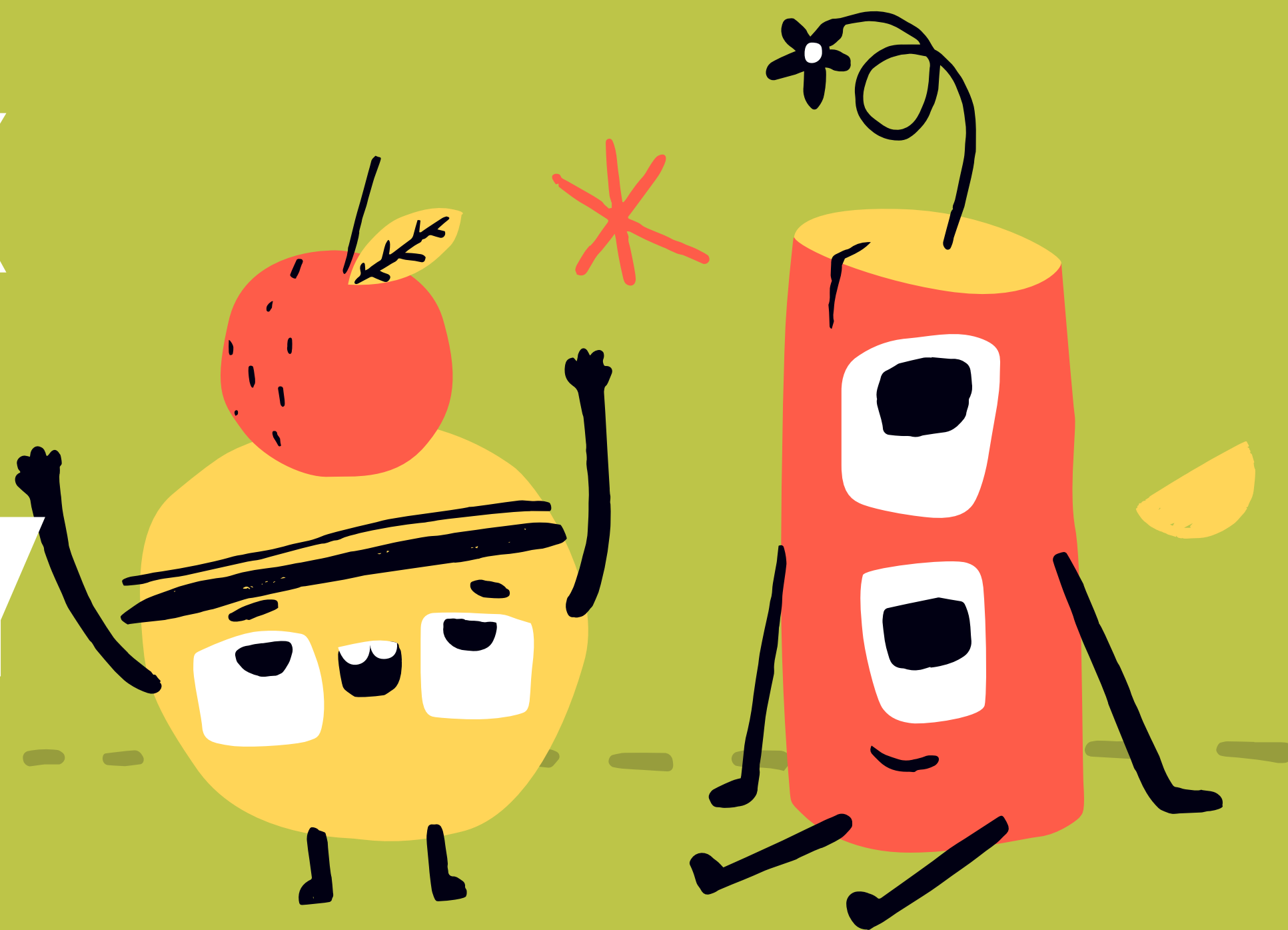
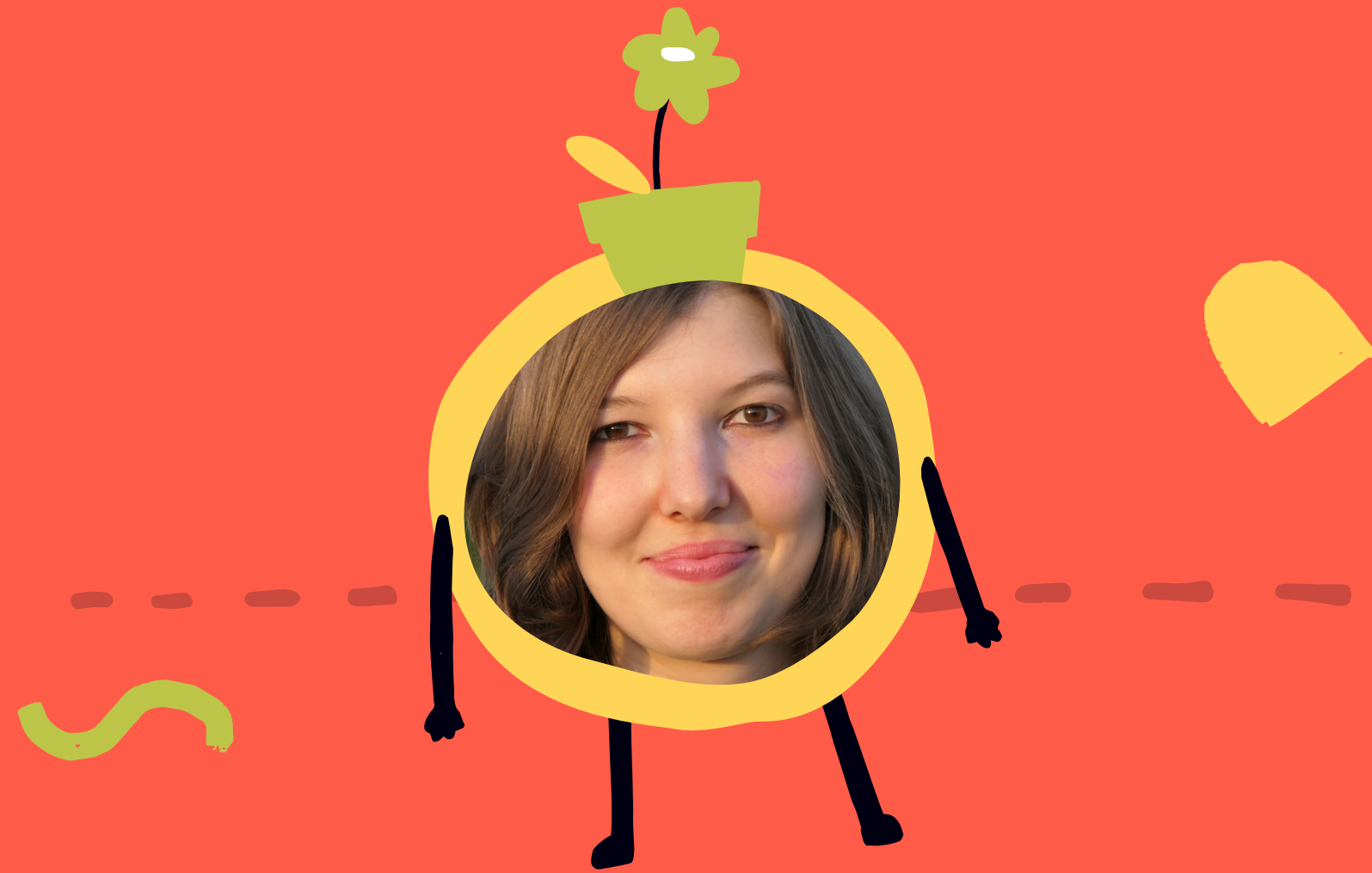


LIVSPARK VITAMINS SUMMARY



Teacher Rita



HELLO!

Hope everyone's doing great.



**BEFORE WE START,
MAKE SURE YOU
ARE SITTING
COMFORTABLY:**

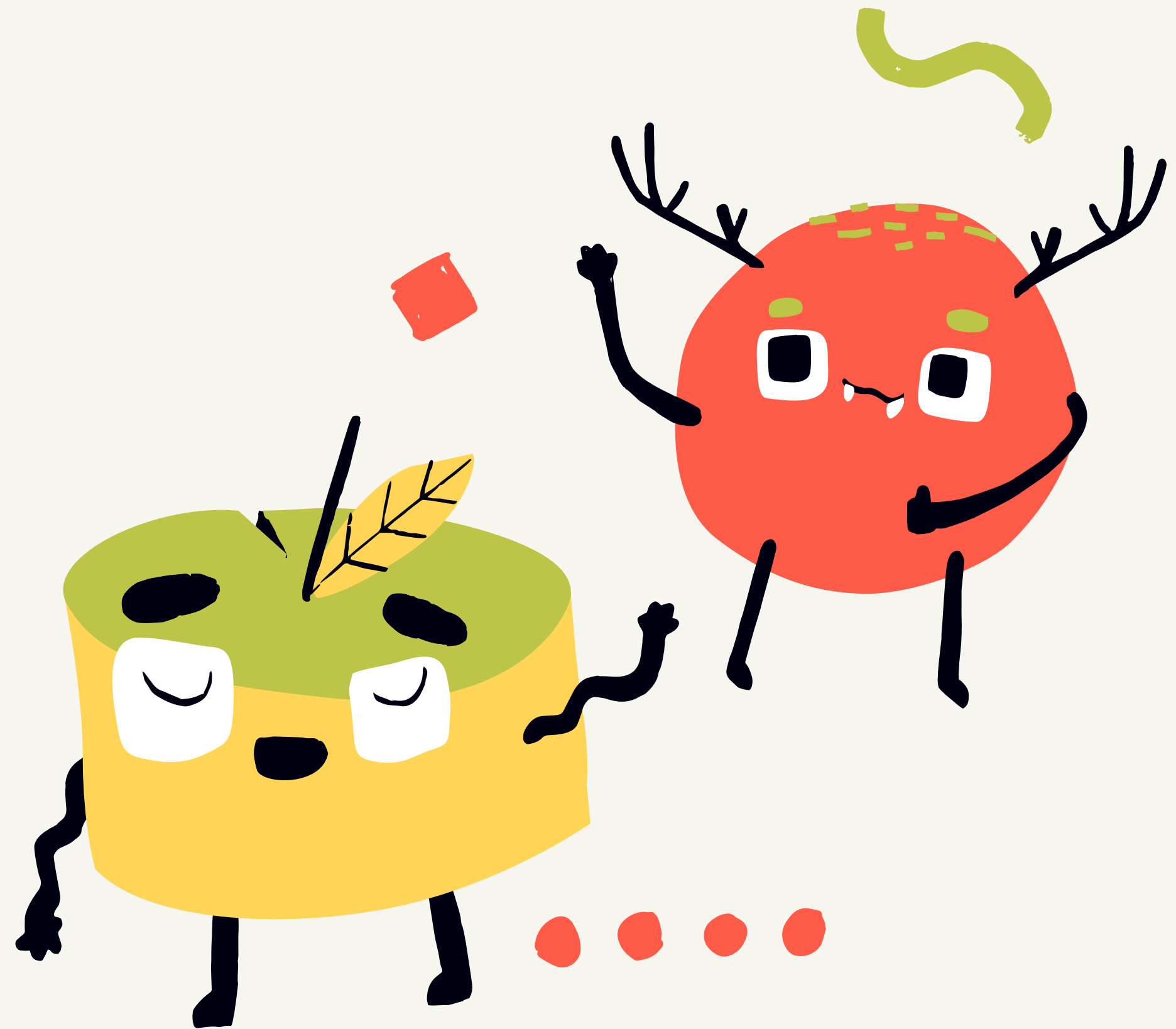


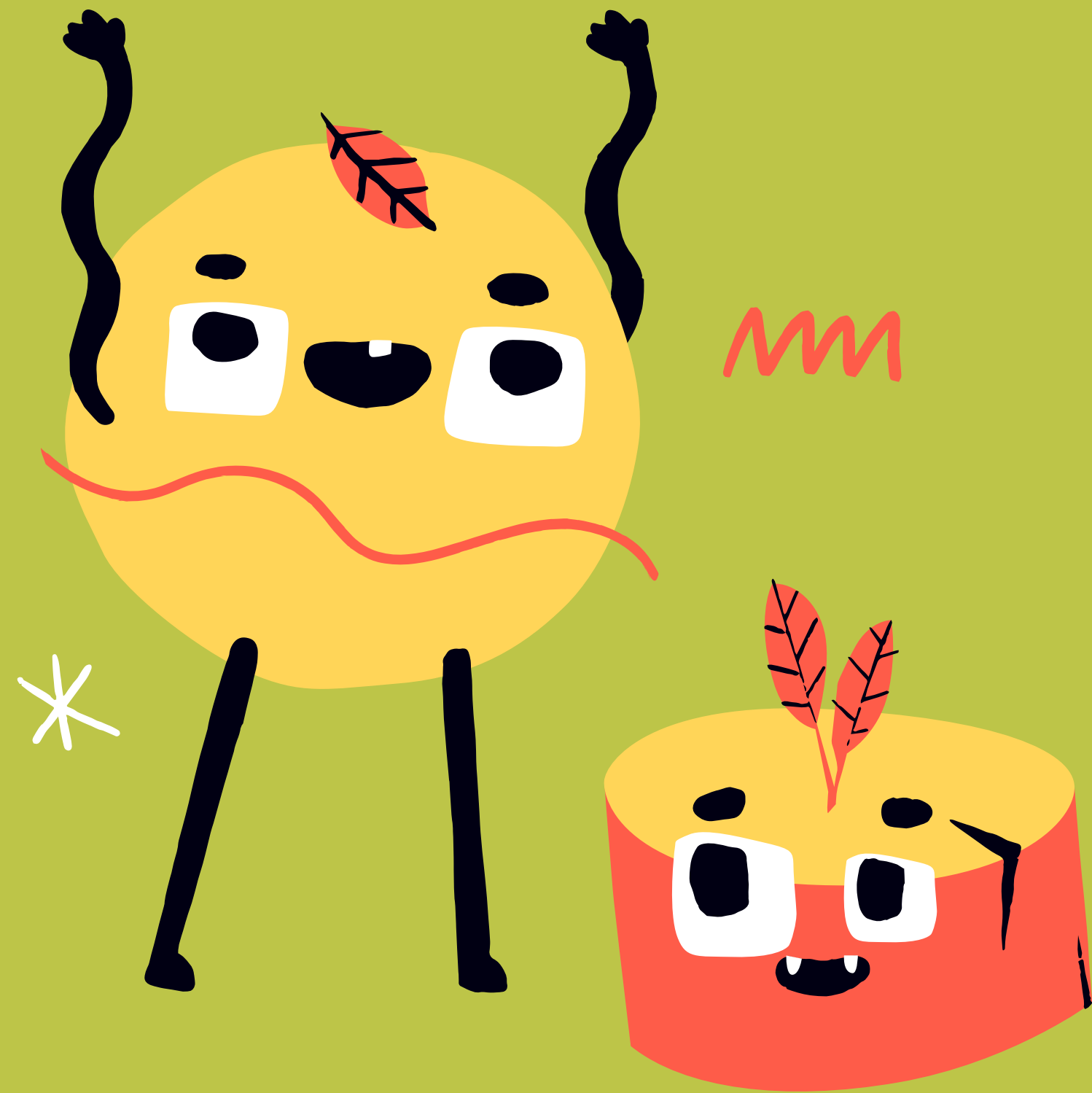
Vitamins supplement your life!

HOUSE RULES

● Keep your vitamins near your tooth brush

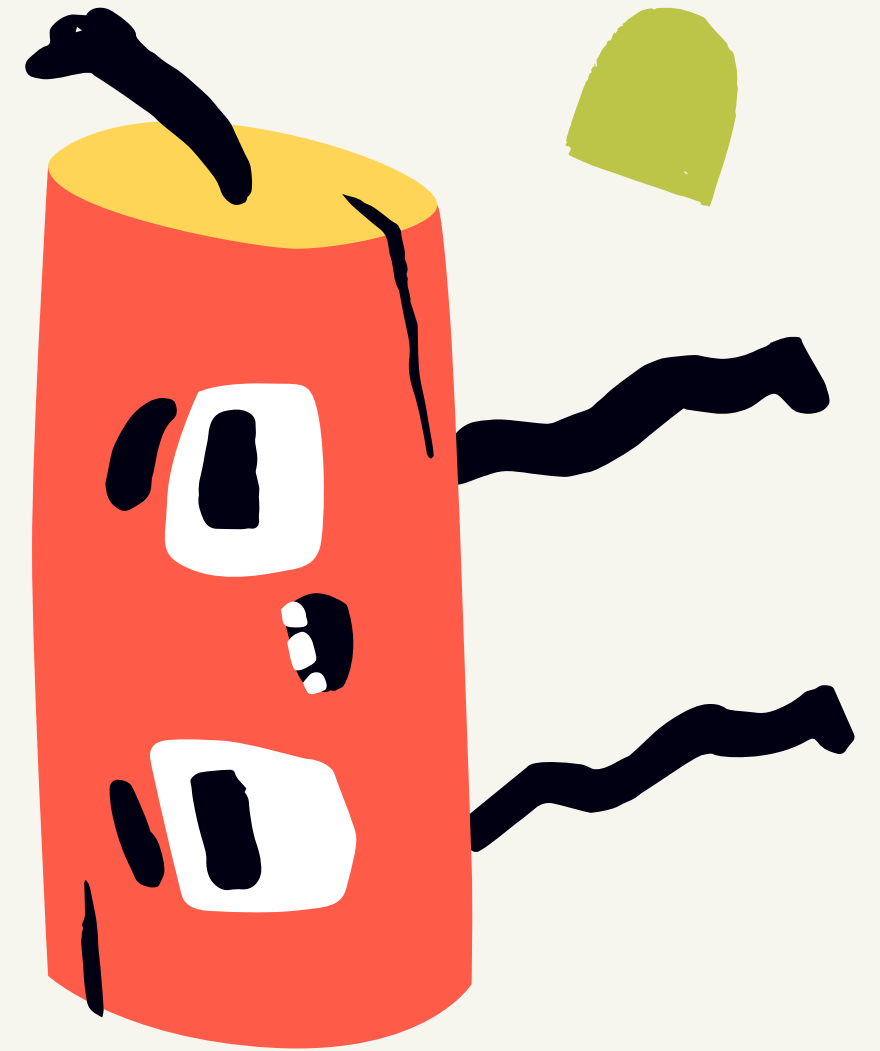
● Keep you vitamins out of the reach of children





**SOME
VITAMINS
ARE
ESSENTIAL**

**BUT WHICH
VITAMINS ARE
ESSENTIAL AND
WHY?**

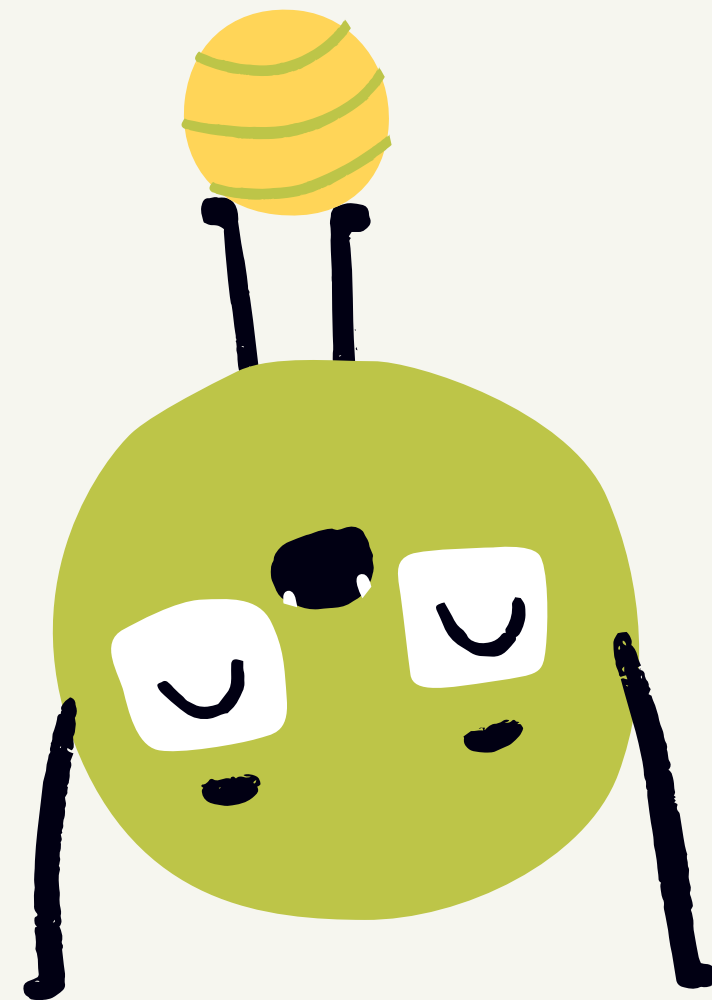


ESSENTIAL VITAMINS ARE THE ONES THAT OUR BODIES CAN NOT MAKE ITSELF



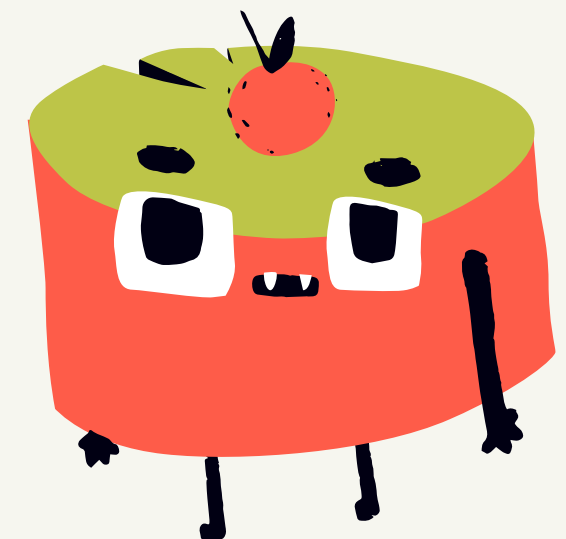
Vitamin A & B

Vitamin C & D



Vitamin E

Vitamin K





VITAMIN A

Keeps our eyes, skin, teeth, and bones healthy! They are found in Yellow and orange foods like carrots.



VITAMIN B

Converts food into energy!

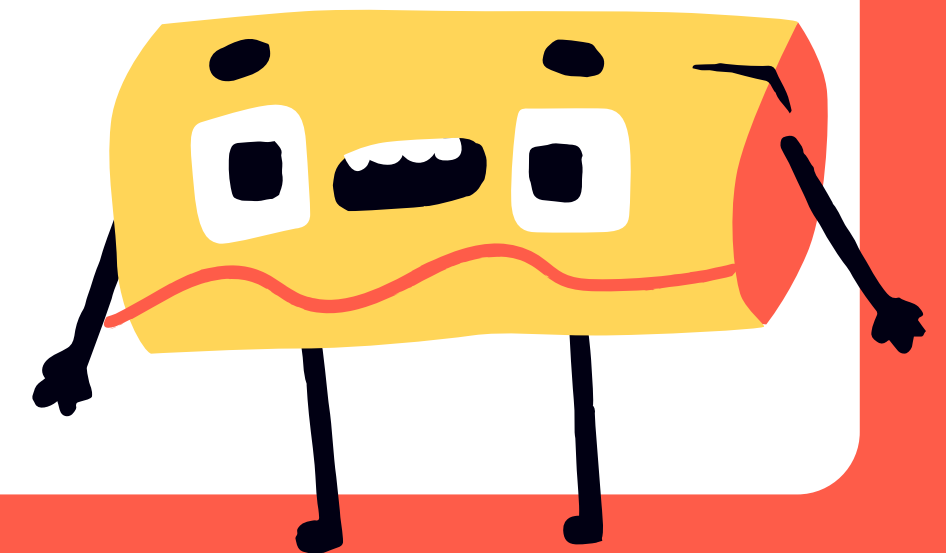
Vitamin B is found in Meats, nuts, fish, dairy produce

VITAMIN C



Heals wounds, fights bugs!

And is found in Citrus fruits

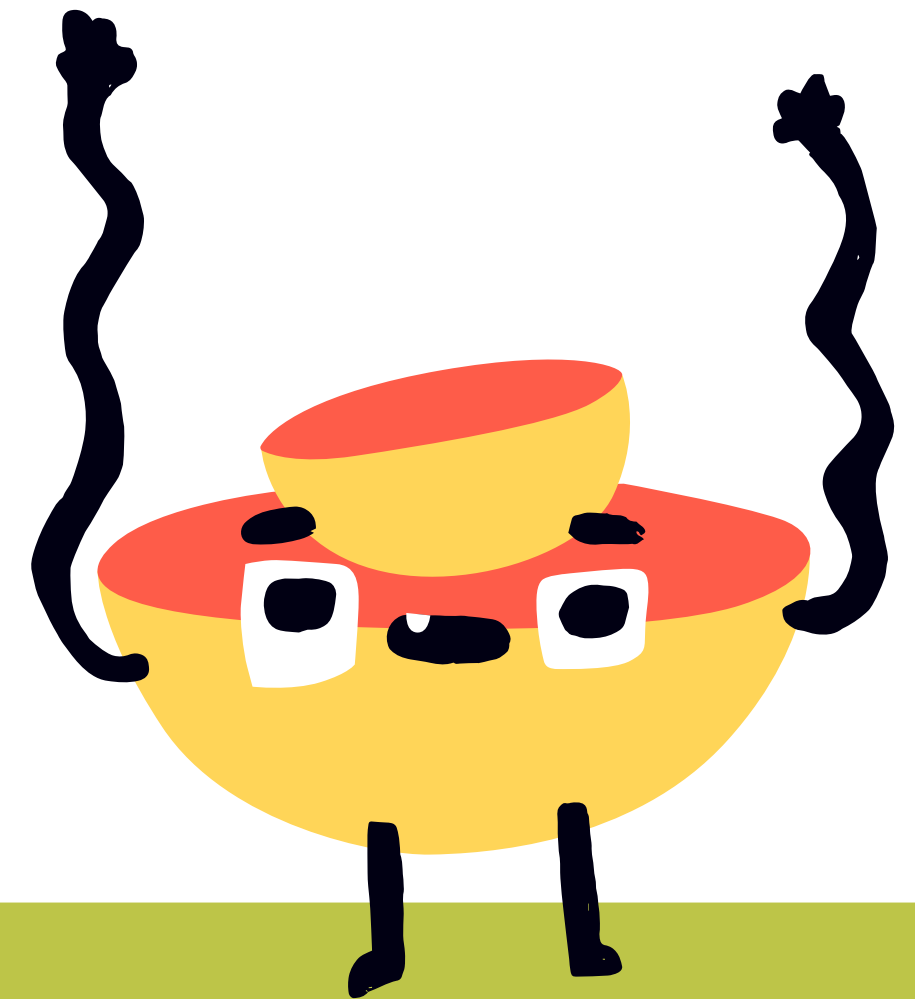


VITAMIN D



is Essential for strong bones and teeth!

Is found in Milk, Dairy and The SUN!



VITAMINS E AND K

Vitamin E

Keeps our Heart Healthy
and arteries clean.

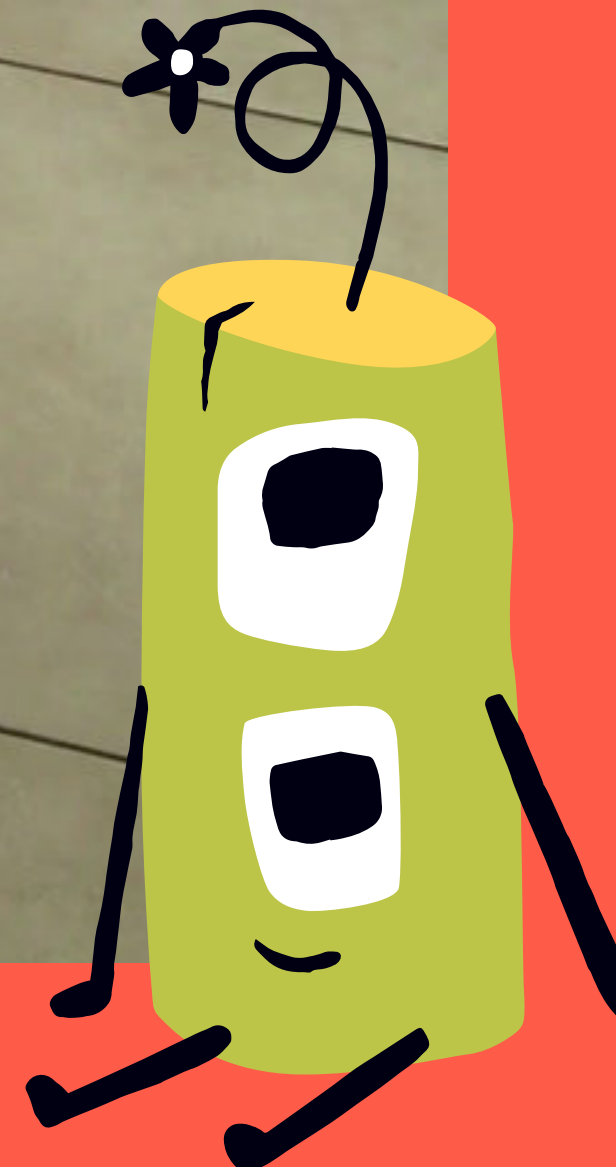
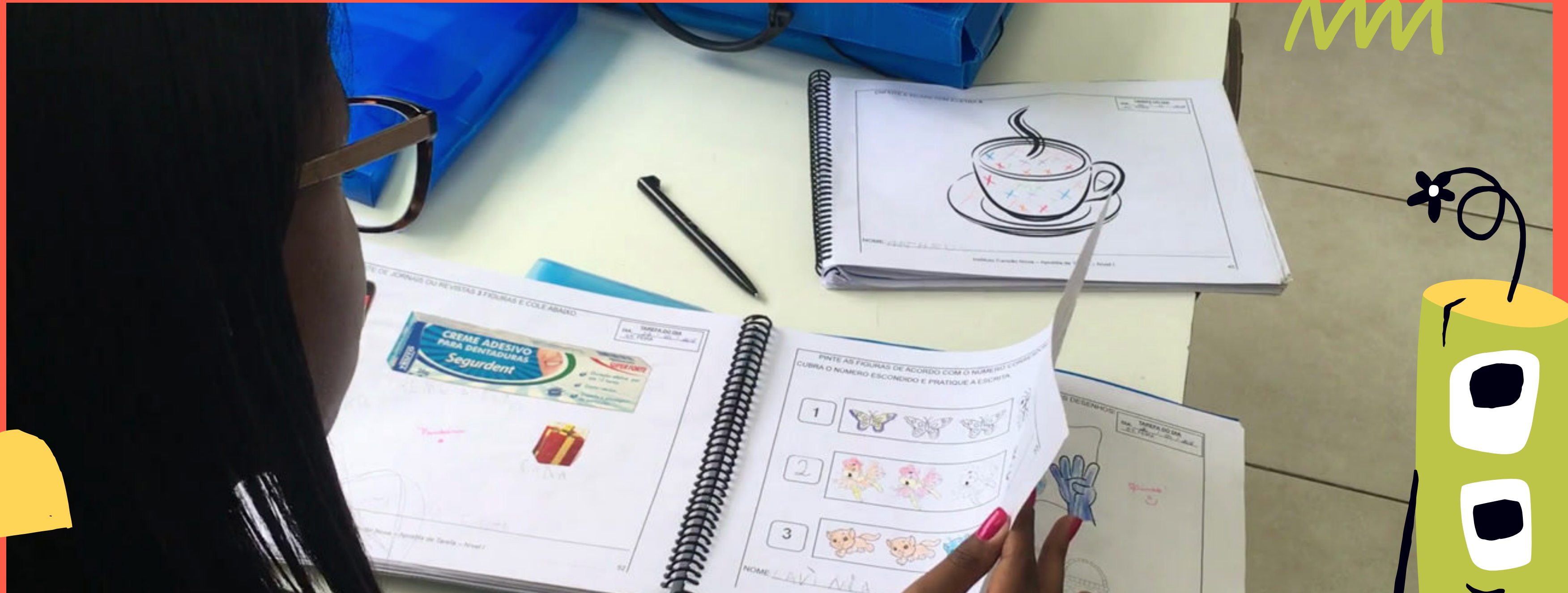
And is found in Nuts,
avocados, pumpkin

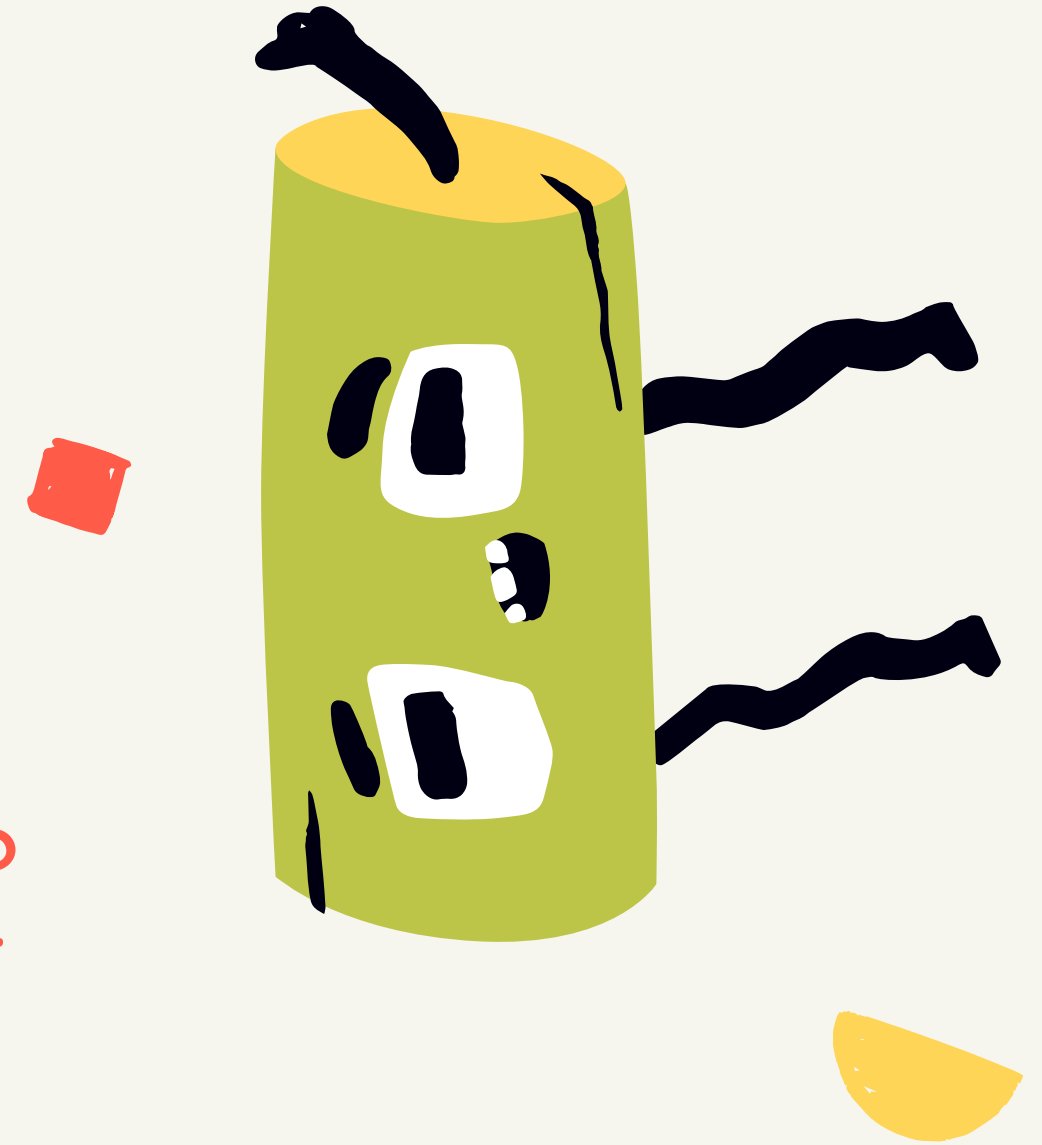
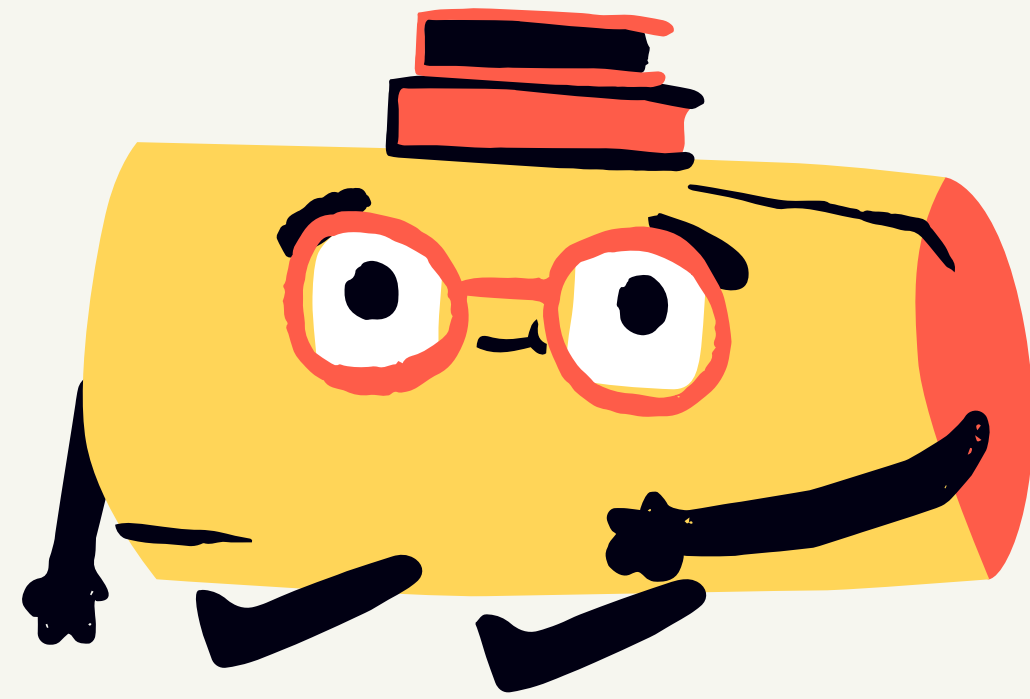
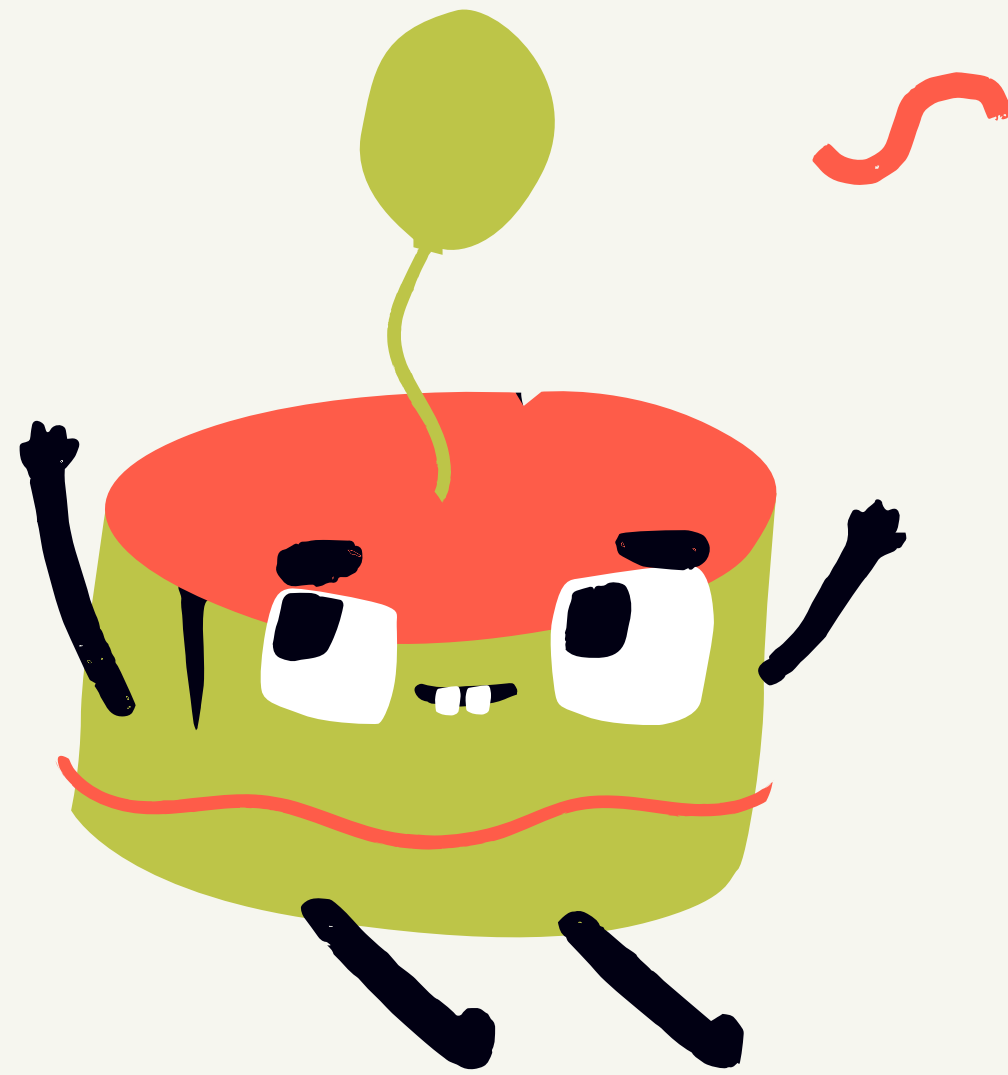
Vitamin K

Keeps our blood healthy
and clotting properly

And is found in Broccoli,
Brussels sprouts,
cabbage, eggs.

SUPPLEMENTAL VIDEO

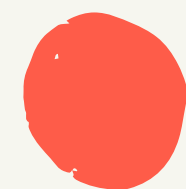




We must get these vitamins from foods! This is why it's so important to eat foods that have essential vitamins.

Additional Resource information

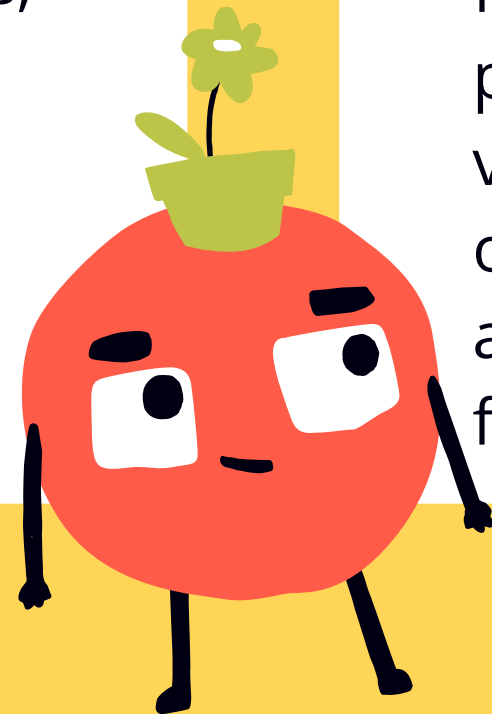
Staying well informed keeps you healthy and wise.



SIMPLE SUGGESTIONS

Eat Fruits

Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber. Fruits also provide a wide range of health-boosting antioxidants.



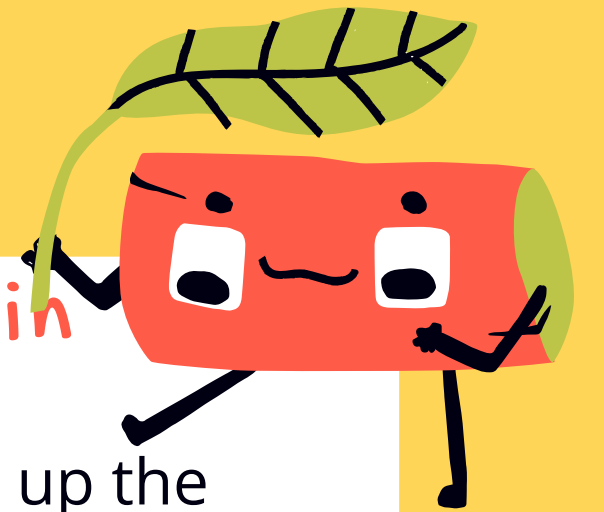
Eat Vegetables

Eating vegetables every day is important for health. They provide essential vitamins, minerals, and other nutrients, such as antioxidants and fiber.



Eat Protein

Protein makes up the building blocks of organs, muscles, skin, and hormones. Your body needs protein to maintain and repair tissues. Meanwhile, children need it for growth





**A HEALTHY BODY
AND A HEALTHY
HEART CREATES A
HEALTHY MIND SET!**

Liv Life - Liv Well - Livspark