

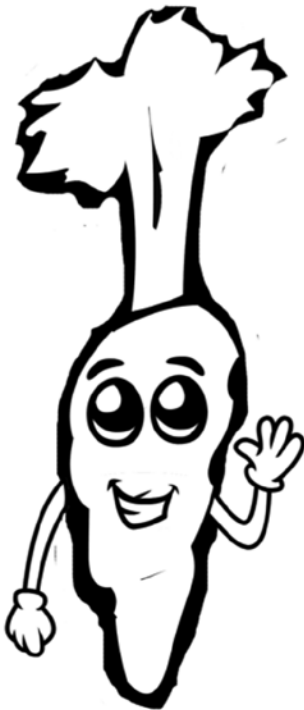
# Day 1: Let's Talk Vitamins!

## Vitamin A

Is good for healthy eyes and bones, and helps children grow. It protects your skin from being damaged by the sun. Helps your body fight germs. You can get vitamin A from liver, milk, butter, eggs, broccoli, spinach, cantaloupe, carrots and sweet potatoes.

### Activity

Identify a vegetable in this picture that has Vitamin A but not orange in color!



Hi! I am a Carrot!  
I help you see at night!



Hi! I am a Sweet Potato!  
I taste sweet to eat!



Hi! I am a mighty Broccoli.  
Eat me to be strong like a tree!



Hi! I am a Pumpkin!  
I'm a Halloween favorite!



Hi! I am a Banana Squash!  
I help you fight infections!

# Day 2: Let's Talk Vitamins!

## Vitamin B

There are eight different B vitamins! B vitamins help your body make energy and many other substances that you need to function. You can get vitamin B from meat, fish, eggs and milk. You can also get it from greens, like spinach, and cereals.

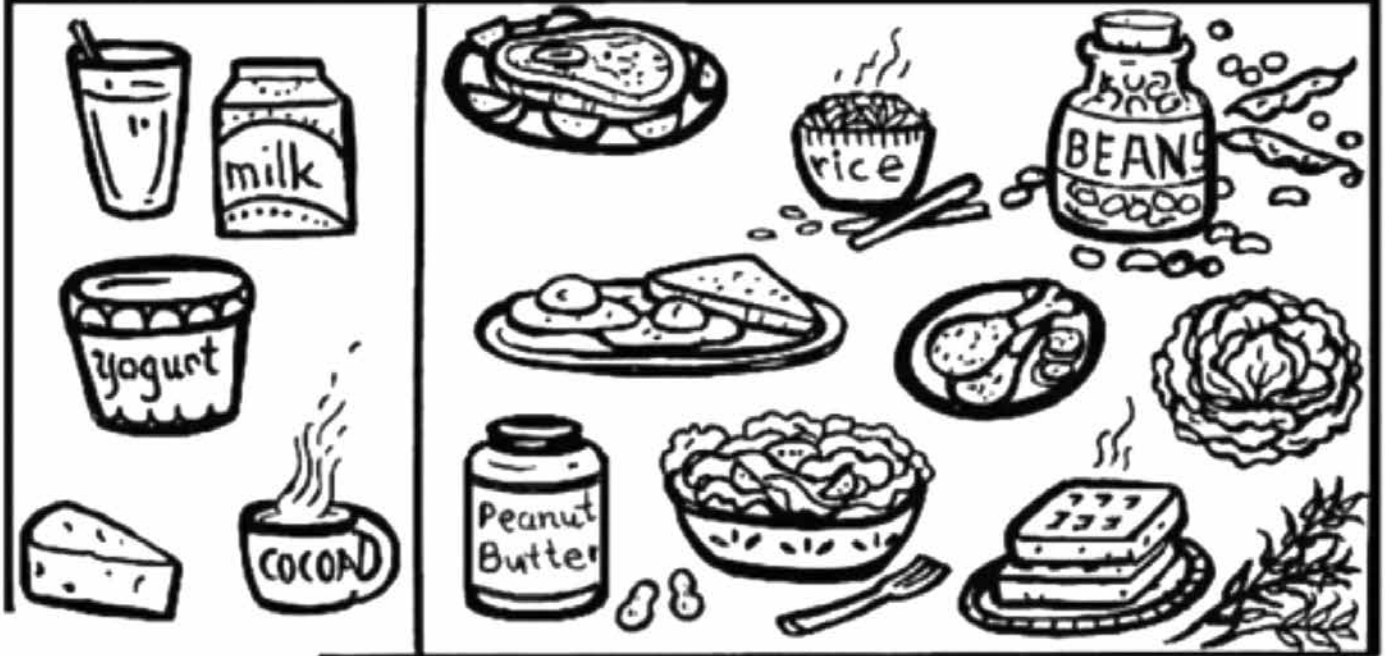
### Activity

Identify foods in this picture that have Vitamin B.



## B Vitamins ARE IN MANY FOODS!

Eat low-fat dairy foods, eggs, dried peas, lean meat, beans, whole and enriched grains, and dark leafy greens.



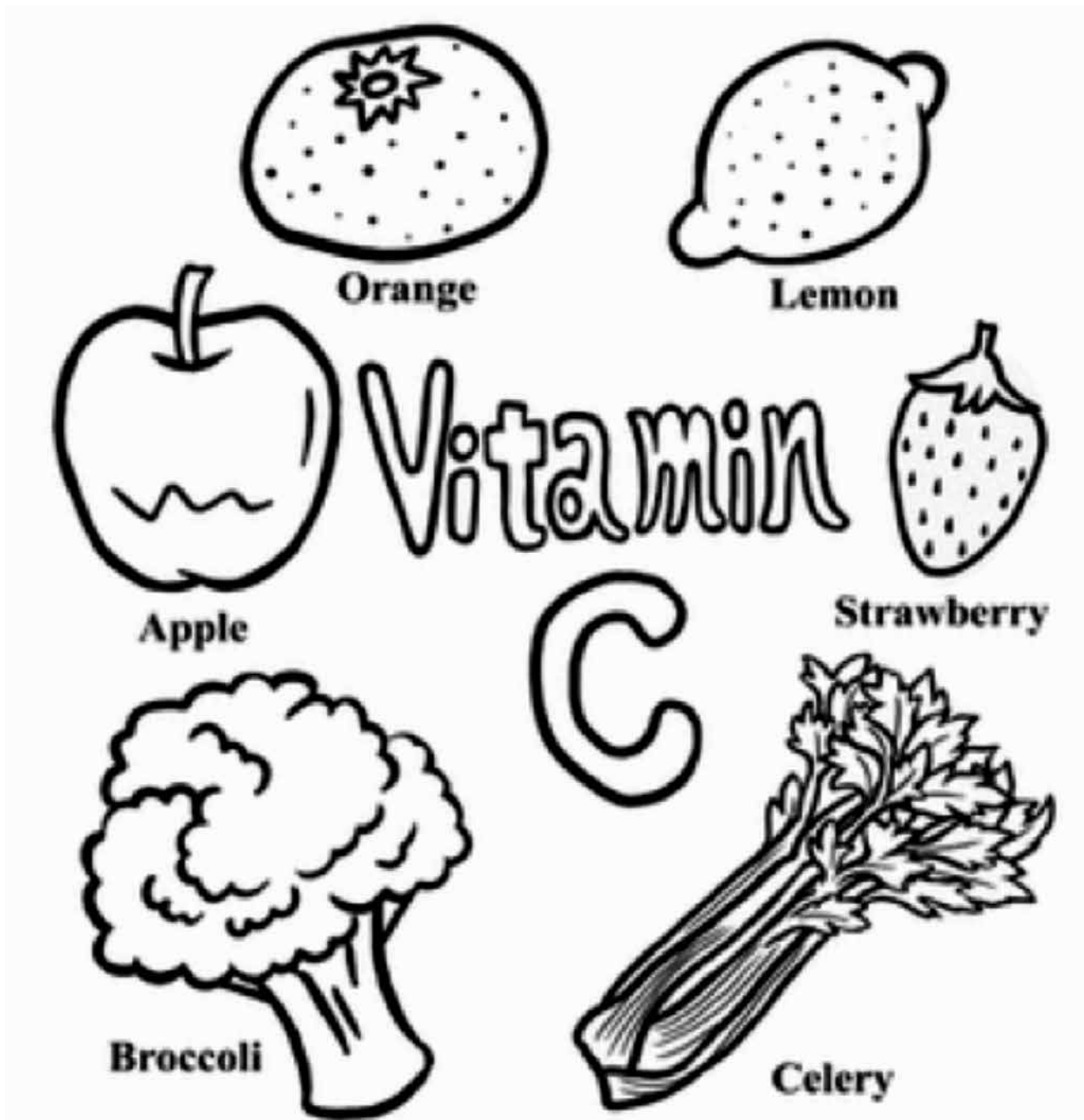
# Day 3: Let's Talk Vitamins!

## Vitamin C

Vitamin C protects the body from free radicals, which are molecules that can harm parts of the body from the inside. It also helps form scars when you get hurt, to heal damaged parts of the body. It helps form bones and teeth and build them up when they are damaged. It supports the body through illness, like colds and flu. Vitamin C is found in many fruits and vegetables, especially broccoli, tomatoes, oranges and strawberries. Even brussel sprouts!

### Activity

Please color following picture!



# Day 4: Let's Talk Vitamins!

## Vitamin D

It is good for healthy bones, muscles and growth in children. Vitamin D and Calcium work together to make the bones hard and strong. Vitamin D is called the sunshine vitamin because your body can make it when you get out in the sun! You can also find vitamin D in milk, eggs and fish.

### Activity

Please do this word search.

## Vitamins and minerals

R S X I Y F K C V L E E N E R G Y T W B H Z R  
Q A E Z P L E N I D O I B W F X R T Z W H S R J  
X O M T E I X K V P R M N U O T D I D S G Y O Q  
R Y R N A B L Z U W N S Q E C M F D B N G F T Z  
M C A L Q J K M N M V I C D V U V Y M I T V N B  
B Q S G T D R K T A N Z S B A I L P C M E F I T  
I S C X I R V O L M M T A N Q C G C F A I G V P  
O V H E A L T H A U E C N D N L P X O T D P E W  
T N S C B R Q G B I X X A J P A D H X I N L G E  
I R N S A A H J O S T C N C H C N A R V I S E C  
N J R H J F Y Y C E U G A V T D M M S C W I T D  
C M O E O Z K G R N O N B Q A G H G E M N B A E  
F T M H B V P T G G Z I U D F R A D G H V F B J  
K A A E I U V L T A U A A V E A R V N T S N L C  
O V J E I N M W J M V C H P P I F M A F K V E G  
T S E C R O Z P N W M I E S R N C A R L J K S R  
H V F O O P K T A E M N J C G S N O O B Z Y J O  
I K V R N E U M O S L A R E N I M R K S F R T W  
A D H R W G Q H D I C A C I L O F E R U M L G T  
M A L V L Z G M M C Y O Y F X E N I R O L H C H  
I C T B W C D X L R I B O F L A V I N H S H P B  
N U P L M M P D H W K W J X J V Y R I A D Q Z L  
E J C B S S M B P C L R E P P O C Y A S I Z I Q  
P K I X K S P C J R B K X P V S S E A F O O D K

Growth	Energy	Grains	SeaFood
Meat	Vegetables	Dairy	Diet
Health	Bananas	Oranges	Niacin
Riboflavin	Folicacid	Iron	Iodine
Thiamine	Biotin	magnesium	copper
cobalt	chlorine	calcium	vitamins
Minerals			