

# Vitamin A

1

**Vitamin A  
is in  
apples**



2

**Vitamin A  
is in  
carrots**



3

**Vitamin A  
is in  
strawberries**



# Vitamin A

**4** Vitamin A  
is in  
red bell  
peppers



**5** Vitamin A  
is in  
tomatoes



**6** Vitamin A  
is in red  
vegetables



# Vitamin A

7

**Vitamin A  
helps your  
eyesight**

