

Vitamins in our life.



You can find this vitamin in bread

You can find this vitamin in grapefruit

You can find this vitamin in wheat

You can find this vitamin in eggs

You can find this vitamin in beans

You can find this vitamin in tomatoes

You can find this vitamin in carrot

Vitamin A
Vitamin C
Vitamin K
Vitamin B₁
Vitamin D
Vitamin B₆
Vitamin E



TRUE\ FALSE

There are about ten vitamins extremely necessary for people	
Vitamins make people healthy.	
If you want to be healthy, you should eat less fruit and vegetables.	
There are a lot of vitamins in fast food	
Lack of vitamin B₁ leads to serious illnesses.	
We can find many vitamins in junk food.	