

Vitamins in our life.



You can find this vitamin in bread	Vitamin A
You can find this vitamin in grapefruit	Vitamin C
You can find this vitamin in wheat	Vitamin K
You can find this vitamin in eggs	Vitamin B ₁
You can find this vitamin in beans	Vitamin D
You can find this vitamin in tomatoes	Vitamin B ₆
You can find this vitamin in carrot	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.	