

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**

