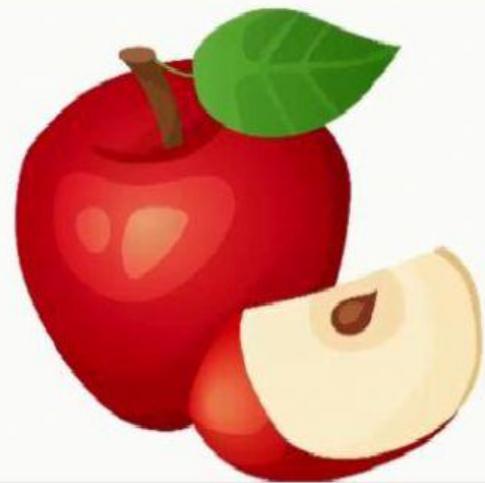


# Vitamin A

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**

