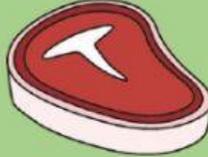


Keeping your body healthy



Use the pencil to match the food with the vitamin or the mineral

Zinc	
Carbohydrates	
iron	
Calcium	
Potassium	
Fats	

Click the tab to select the vitamin the food comes from

