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Open

Eating Your
A, B, C's...

You don't need much of them, but you can't live without them. Vitamins are a group of 13 substances that the body needs. For the most part, you get vitamins and minerals from the food you eat.



Vitamin A is also called retinol. It is necessary for healthy vision and also helps create strong bones and teeth, as well as a strong immune system.

Vitamin B

is a group of vitamins that help the body turn food into energy. They are also needed to make red blood cells and the genetic materials DNA and RNA.

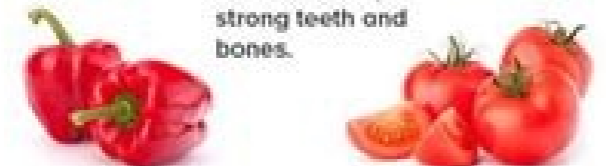


The vitamin B group includes:
 *B1 (thiamin)
 *B2 (riboflavin)
 *B3 (niacin)
 *B5 (pantothenic acid)
 *B6 (pyridoxine)
 *B9 (folic acid)
 *B12 (cobalamin)
 *BIOTIN

Vitamin D is made by the body when it is exposed to the sun. The vitamin is also found in certain foods. Vitamin D helps the body absorb the mineral calcium. It also helps build strong bones and teeth.



Vitamin C, also called ascorbic acid, is necessary for making collagen, which holds body cells together. It also aids in the healing of wounds and burns and helps build strong teeth and bones.



Vitamin E helps maintain healthy red blood cells and muscle tissue.



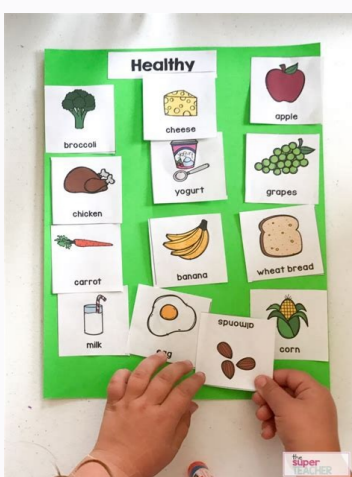
Vitamin K is necessary for blood to clot when you get a cut. Half of the vitamin comes from the food you eat; the other half is manufactured by bacteria in your intestines.

Name: _____

Science

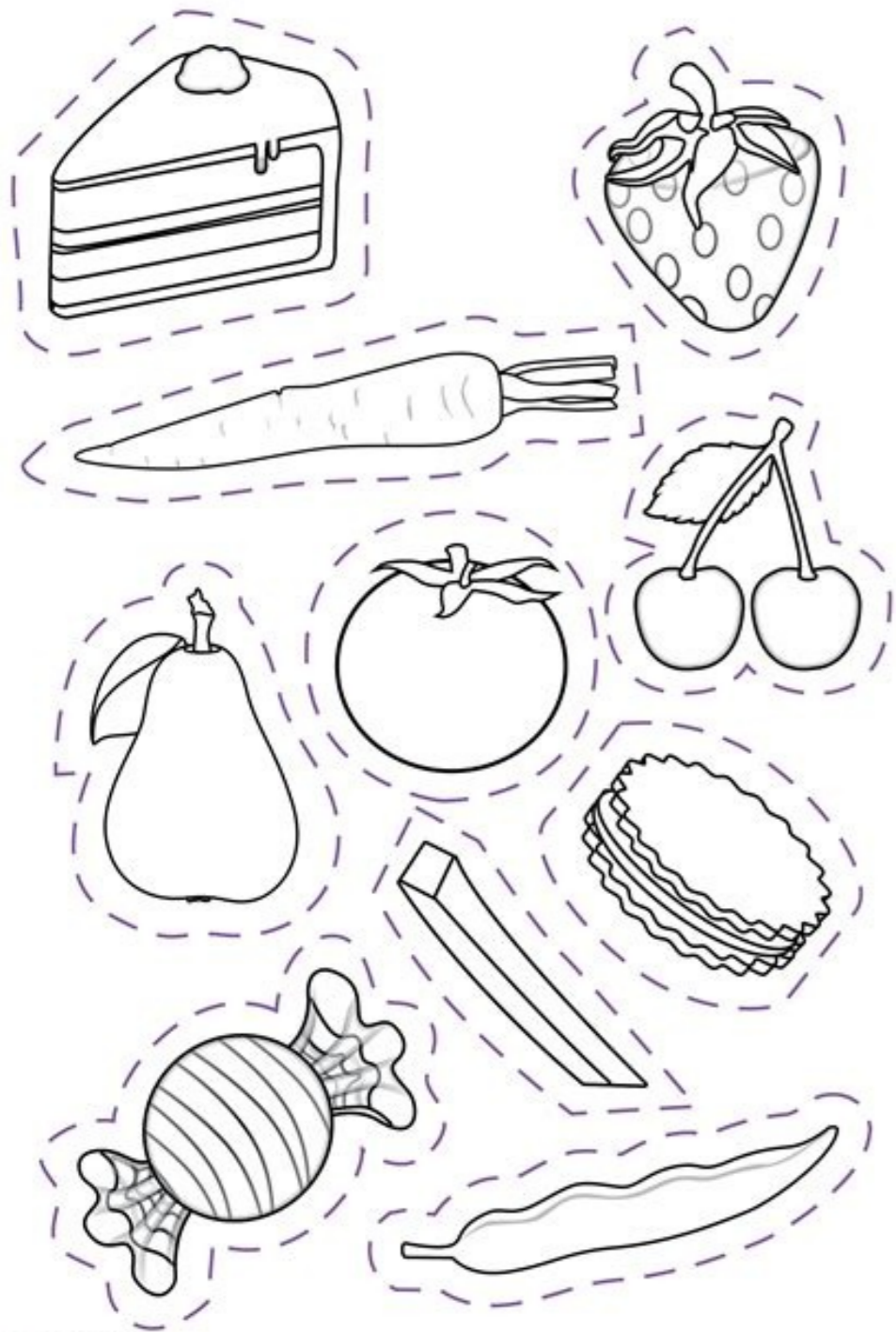
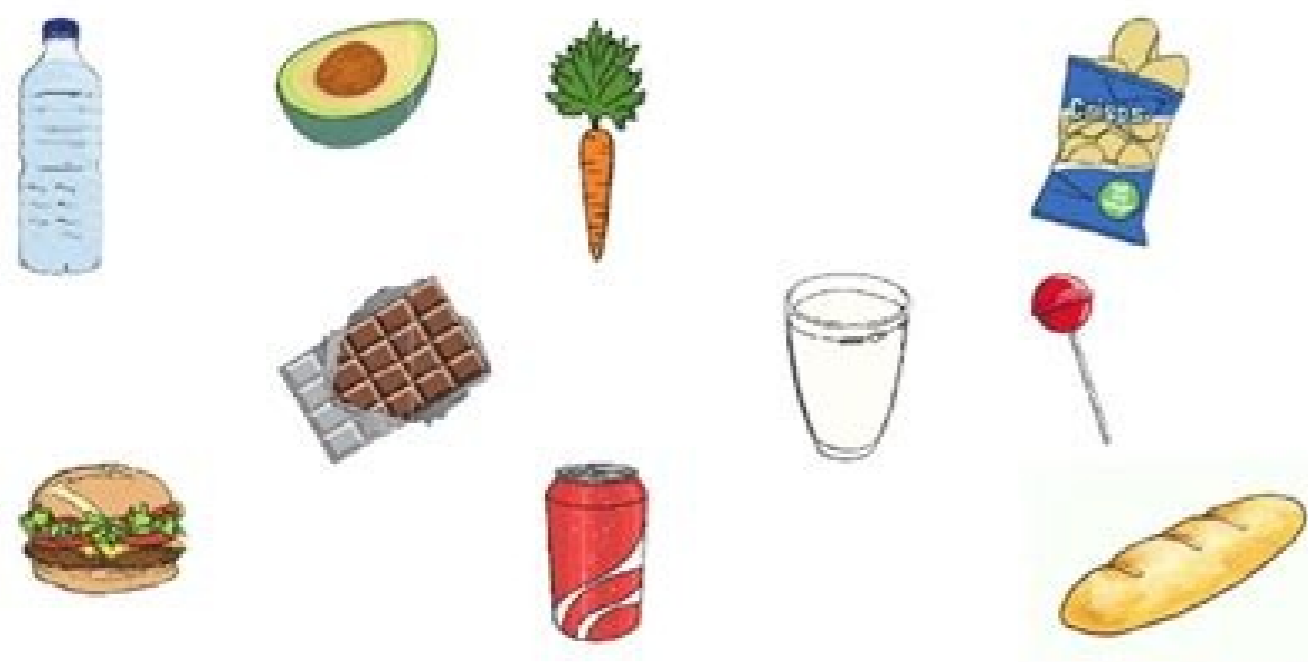
Healthy Foods

Choose the foods that are healthy.



HEALTHY OR UNHEALTHY?

Click on the **HEALTHY** ones.



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Find out what counts as a portion using our five per day infographics. Little caffeous lunch your metabolism including proteins to the breakfast, choose between eggs, salmon, thin or lactic ham. Read our guide to a healthy feed 24 hours a day. Nutritional needs vary according to sex, size, age and levels of activity, so use this graph just as a general guide. The official websites use .gov a .gov website belongs to an official government organization of the United States. Your body can use these healthy fats along with proteinas, overnight for regeneration and repair, important to keep skin and hair healthy. Fill half of your plate with a colorful variety of vegetables or salad, water with a sauce made of cold pressed linen, olive oil or rape and add meat, fish or beans with brown rice, quinoa or integral mass . Nutritious Dinner: Vegetarian Bowl of Moroccan Wild Salmon with SpicesMarroquino with Quinoa and Shrimp Ocespects with Vegetarian Salad of Rice & Crisping Chicken with Nonzas Crust Lamb and LentilsCar of Lamb and Lighbopiece Biryani with raitamexican cucumber penne with abacatedopiaza of lamb with brocochlike rice this? But this is not the full story. What should you eat and there is an ideal time to eat proteins, carbohydrates or fats? Alternatively, save your refrigerator with many low caloric teering snacks such as cherry tomatoes, maests and vegetable crudrits to reach the can of biscuits when you want something sweet or crispy crunchy curfew carbs. Now try...More balanced diet guidesAll our healthy recipe collectionsMore health & nutrition tipsThis article was last reviewed on 4 July 2019 by Kerry Torrens.Kerry Torrens is a qualified Nutritionist (MBANT) with a post graduate diploma in Personalised Nutrition & Nutritional Therapy. Carb-rich foods supply energy and without them you're more likely to suffer that classic mid-afternoon slump. slump.



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