

Vitamins – oiling your machine

Vitamin **A**

Helps you see in the dark!



FIND IT IN

- carrots
- pumpkins
- sweet potato
- squash
- leafy green veg

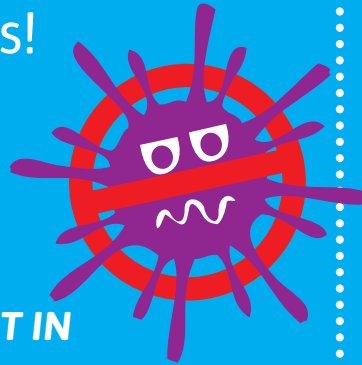
DID YOU KNOW?

Carrots used to be purple!



Vitamin **C**

Builds your natural defence systems and says no to nasty colds!



FIND IT IN

- oranges
- kiwis
- strawberries
- peppers
- tomatoes
- and all fruit and veg!

Vitamin **E & K**

Makes skin and hair soft and shiny. Keeps your blood healthy and your body strong!

FIND THEM IN

- lots of green veggies

BONUS B VITS

Green veggies are also full of **B vitamins** which are good for your brain and leave you bursting with energy

