

The background features a dark blue gradient with a starry texture. On the left side, there are several overlapping circular elements. A prominent one is a large scale with tick marks and numbers ranging from 140 to 260. Other circles contain curved lines and arrows, suggesting a process or cycle. The overall aesthetic is technical and scientific.

VITAMINS & MINERALS

-SP

VITAMINS!!!

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- Vitamins are needed in small amounts by the body.

There are two groups of vitamins:

- Water-soluble - These dissolve in Vitamins B and C
- Fat-soluble - These dissolve in Vitamins A, D, E and K

VITAMIN C

Sources: Fruit and Vegetables

Functions: General Health, healthy skin and gums, repair and helps absorb iron

RDA: 30mg for Adults, more for teenagers

Diseases: Scurvy, Gun Disease

Another word for Vitamin C is Ascorbic Acid



VITAMIN B

There are six vitamins in the Vitamin B group.

Sources: Nuts, Peas, Beans, Lentils, Yeast Bread, Brown Bread, Meat, Fish, Milk, Eggs and Cheese

Functions: Growth, Healthy Nervous System, Controls the Release of Energy from food, Prevents Neural Tube Defect, Release Energy From Food

RDA: 30mg for Adults but more for teenagers. 0.4mg of Folic Acid should be taken

Diseases: Beri-Beri, Pellagra and much more



VITAMIN A

Sources: Fish Liver Oils, Oily Fish, Kidney, Liver, Milk, Eggs, Margarine and Highly Coloured Vegetables

Function: Healthy Eyes, Lining of Nose and Throat, Good General Health, Growth

Diseases: Slowed Growth, Night Blindness, Lining of the Nose and Throat Become Dry



VITAMIN K

Sources: Made in the Bowel,
Green Vegetables, Cereals

Function: Helps the Blood to
Clot

Diseases: Problems with Blood
Clotting



VITAMIN E

Source: Plant Sources

Function: It's an antioxidant, it stops heart disease and cancer

Diseases: Heart Disease and Cancer



The background is a dark blue gradient with a subtle pattern of white stars and technical diagrams. On the right side, there are several circular diagrams resembling gauges or dials with numerical scales (e.g., 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) and arrows. There are also dashed lines and other geometric shapes scattered across the background.

MINERALS!!!

CALCIUM

Sources: Milk, Cheese, Yoghurt,
Tinned Fish, Water, Cereals,
Bread, Beans, Green Leafy
Vegetables

Diseases: Osteomalacia,
Osteoporosis, Rickets

RDA: 800mg for Children and
Adults, 1200mg for Teenagers
and Pregnant Women



IRON

Sources: Red Meat, Offal,
Green Vegetables

Diseases: Haeimoglolooin,
Anaemia



IODINE

Sources: Sea Fish, Seaweed,
Sea Salt, Vegetables, Cereals,
Milk

Functions: Needed for a
Healthy Thyroid Gland (In the
Neck)

Diseases: Goitre

