

Note to Parents and Teachers: Learning about vitamins, minerals, and how to stay healthy is important for people of all ages, but please be sure your children or students know that they should never change their diet or take supplements without first talking to a parent. They also need to always be aware of possible food allergies.

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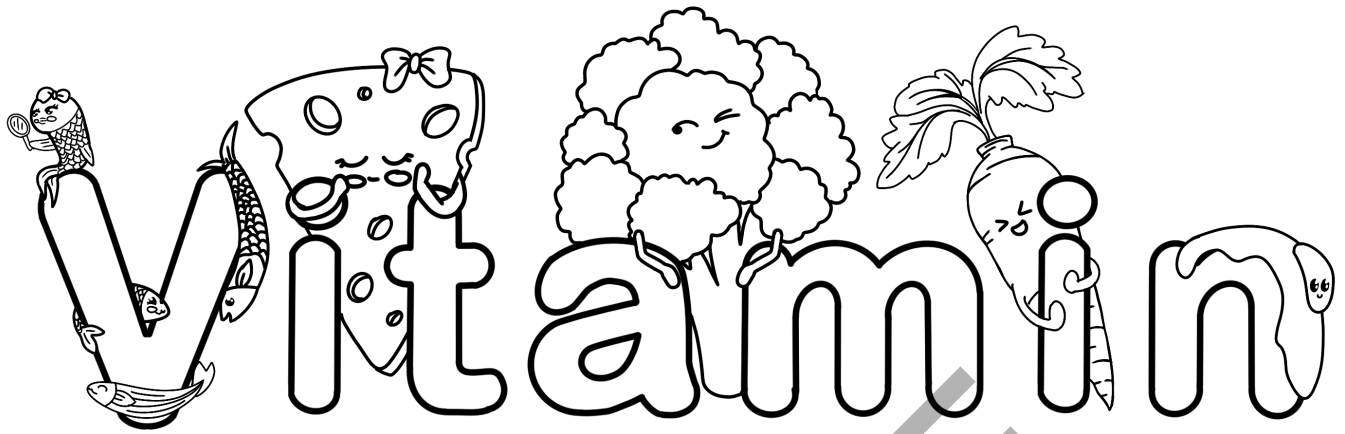


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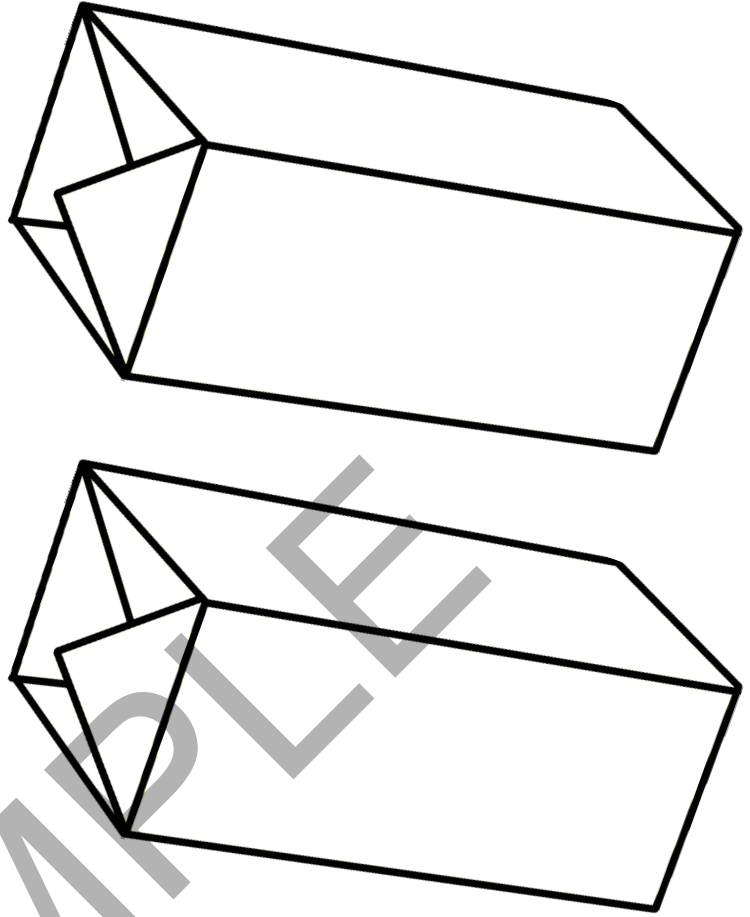
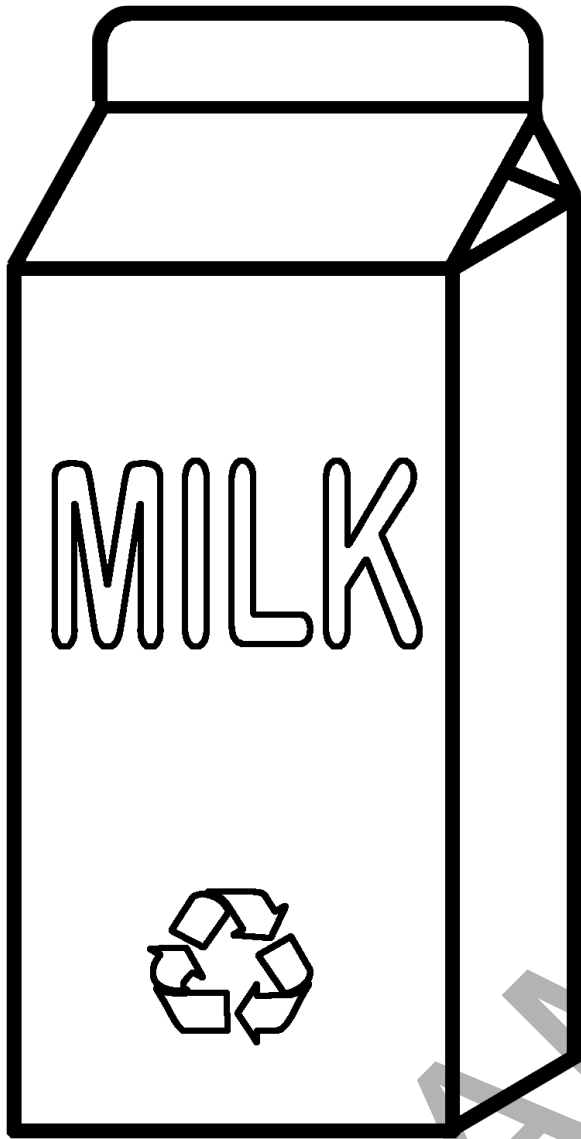
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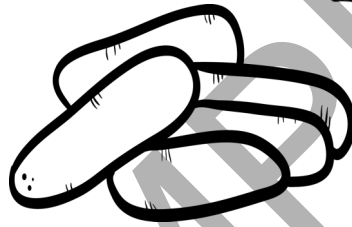
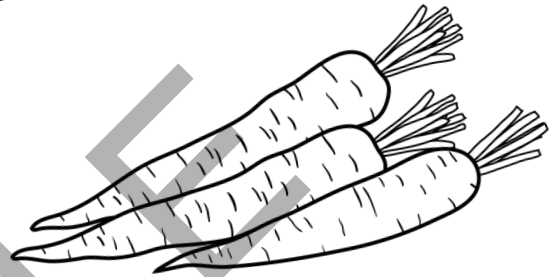
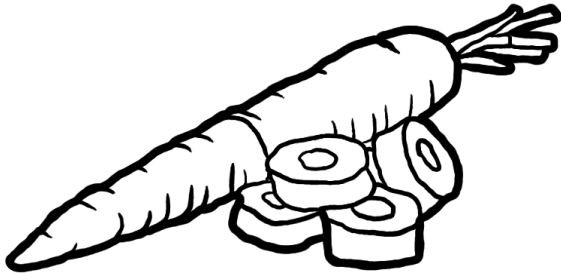
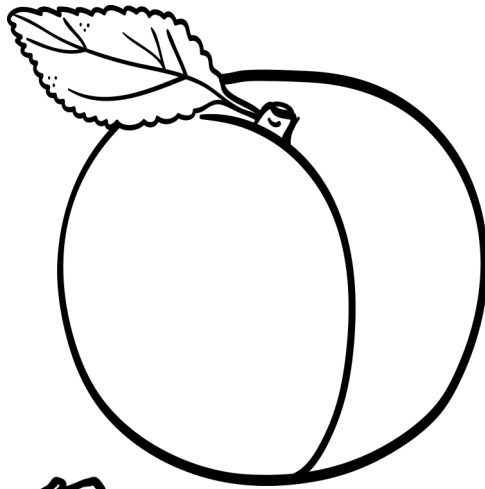
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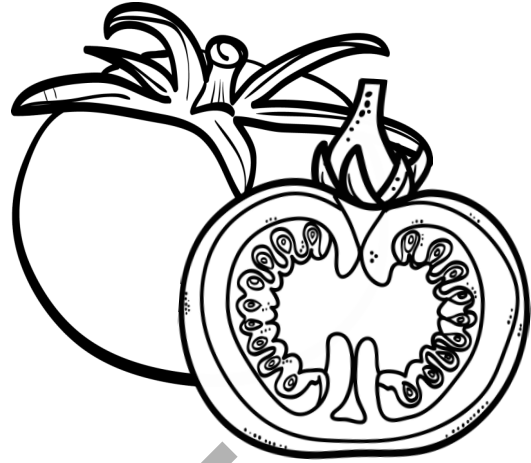
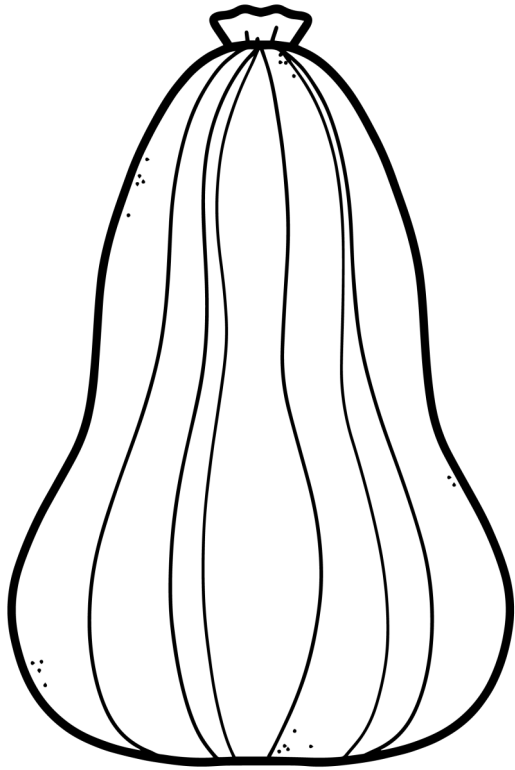
There are different
types of vitamin A
that we get in food.



One type is found
in fat from animals
and is found in
foods such as whole
milk and butter.



Another type of
vitamin A is found
in green, yellow, and
orange fruits and
vegetables, such as
apricots, carrots, . . .

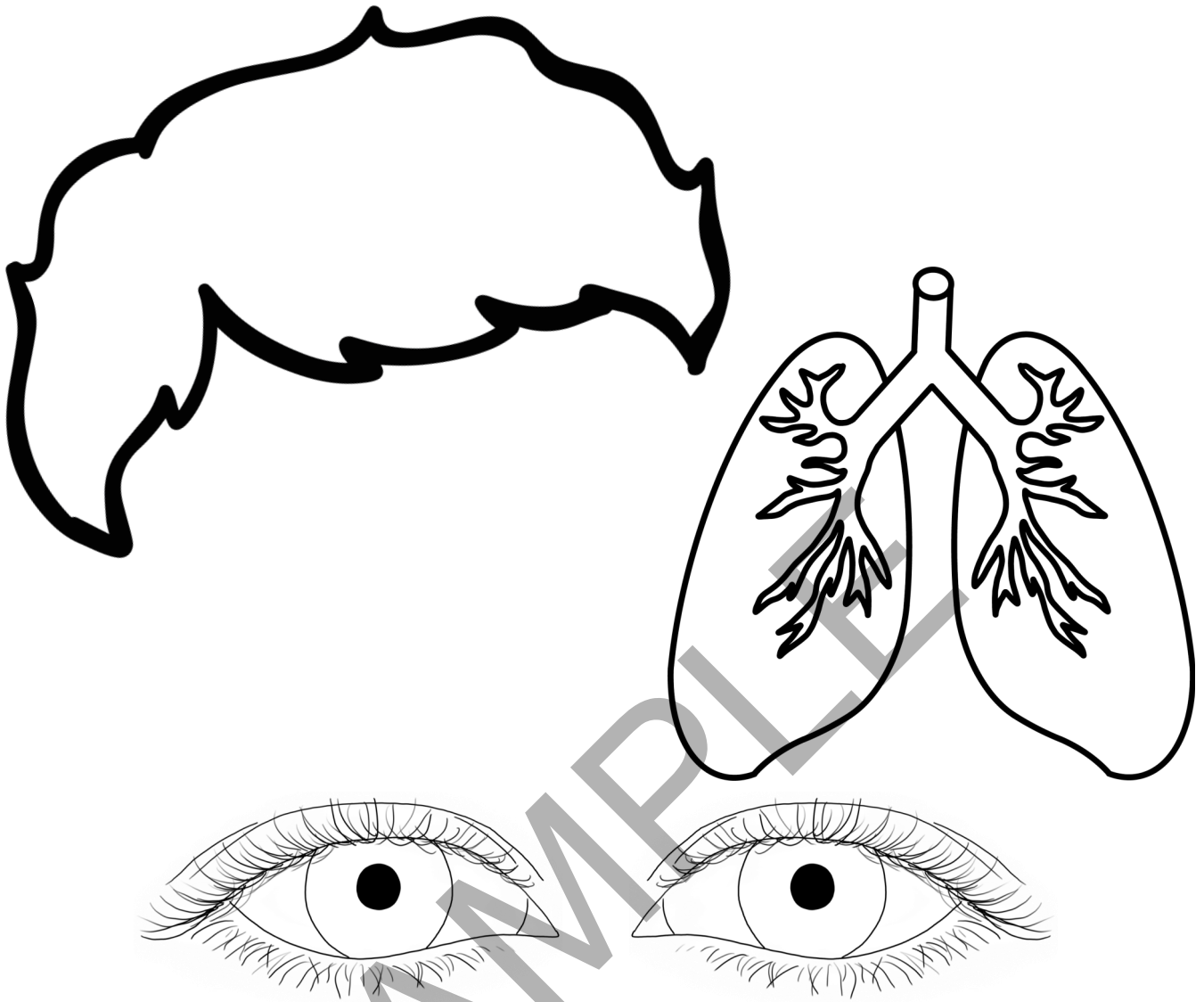


butternut squash,

tomatoes, sweet

potatoes, and

spinach.



Vitamin A from
foods helps your
eyes, hair, lungs,
and other parts
of your body.