

11th Nov. 2013

Research.....

VITAMINS A, B, C and D

Vitamin A: Found in liver, eggs and fish oils. All the above are Retinol. There are two types of vitamin A, retinol and carotene. Carotene is found in yellow and orange fruits and vegetables. It helps bone to grow, aids night vision.

Vitamin B: Found in cereals and meat. Releases energy. Not to be exposed to light.

Vitamin C: Found in citrus fruits, green veg. Helps absorb calcium and iron. Destroyed in heat.

Vitamin D: Found in fatty fish, eggs and sunlight. Absorbs calcium.



What I've eaten over the last 24 hours....

<u>Breakfast</u>	Frosted Shreddies ^{with milk} + <u>Apple</u> and <u>pear juice</u> .
<u>Break time</u>	Nothing
<u>Lunch</u>	Nothing
<u>After school</u>	Two hams ham sandwiches
<u>Tea</u>	Lasagne, salad and a single glass of tap water. = (approx 3 types of veg in salad)
<u>Supper</u>	Nothing
<u>Other</u>	A biscuit. <u>Banana</u>

6 Eat more fruit & veg.