



# Vitamins

## What is a Vitamin ?

**Vitamins are organic molecules . they are an essential micronutrient to our bodies for proper functioning of our metabolism , essential nutrients cannot be synthesized in our body so it must be obtained from a healthy diet .**



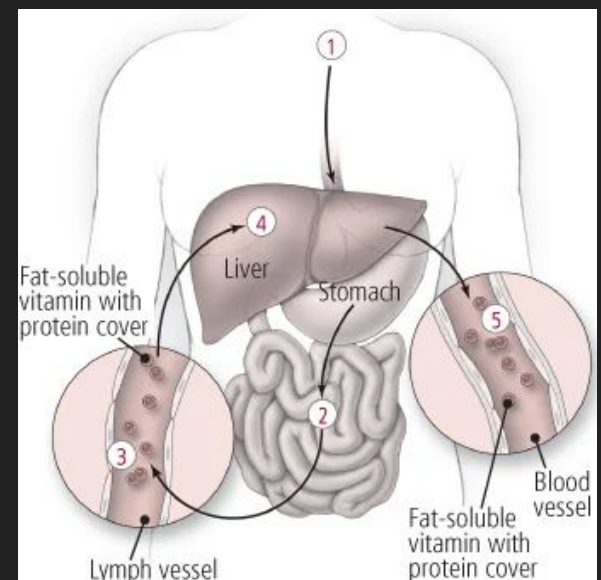
# Five most important vitamins

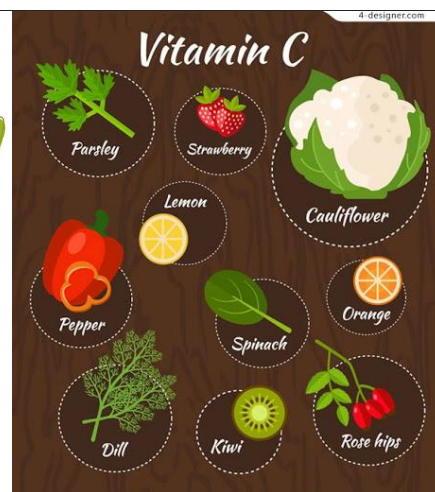
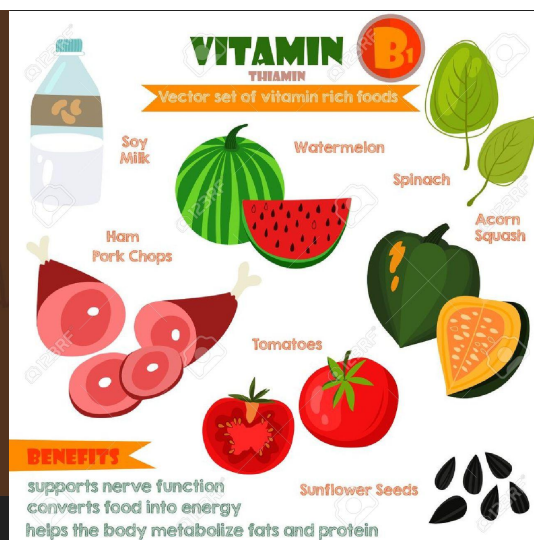
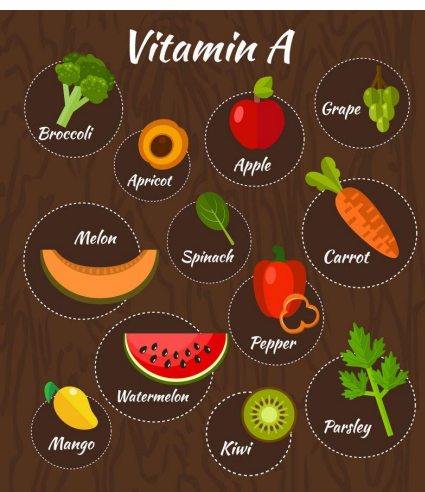
- Vitamin A, helps with eye health
- Vitamin B1, helps to break down sugar
- Vitamin C, strengthen blood vessels and iron absorption
- Vitamin D, make your bones strong and healthy
- Vitamin E, blood circulation



## What does it do?

- Vitamins can boost your immune system, heal wounds, and support your bones.
- They can also help with cell damage and convert food into energy.





Where can you find it?

Vitamins are found in foods such as animal fats and oils , dairies such as milk , cheese etc. , liver , fishes , other meats and seafoods .

You can also find it in leafy greens , fruits and other vegetables.



# What type of vitamins do we need for our age?

- Calcium
- B12
- Vitamin D
- Vitamin B6
- Magnesium
- Zinc
- Potassium
- Fiber

## *Video :*

[\(\(9\) Why are Vitamins Important? | #aumsum #kids #science #education #children - YouTube](#)

# References

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## *References / Links*

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[Facts About Vitamins: all you need to know about vitamins' role in immune health \(immunehealthscience.com\)](#)  
[Facts About Vitamins: all you need to know about vitamins' role in immune health \(immunehealthscience.com\)](#)

<b>Grading Criteria</b>	<b>Excellent</b> (90-100)	<b>Good</b> (80-89)	<b>Fair</b> (70-79)	<b>Poor</b> (60-69)
<b>Organization</b> Guidelines of PowerPoint slides were followed.		85		
<b>Quality of Information</b> Students demonstrate full knowledge of the topic by answering all questions with explanations and elaborations.		80		
<b>References</b> The student used a variety of credible sources. Uses proper citations for resources.	100			
<b>Speaking &amp; Eye Contact</b> The student maintains eye contact, excellent volume & clarity for the audience.	90			
<b>Creativity</b> Information flows nicely, visual aids are creative, neat, colorful, and etc.		85		
<b>Comments:</b> Awesome job! Nice use of colorful pictures and concise information. Please double check the type of vitamins versus minerals.			<b>Total Points: 440/500</b>	