

Vitamin D is crucial for a 10-year-old's growth and development. It primarily aids in calcium absorption, vital for bone strength. Without sufficient vitamin D, bones can become weak and prone to fractures. This vitamin also supports a healthy immune system, boosting defenses against illnesses. Sunlight is a natural source, but dietary intake is often necessary. Fortified foods and supplements can ensure adequate levels. Deficiencies can lead to rickets, impacting bone formation. Maintaining proper vitamin D levels is key for overall well-being.