

Vitamins :

- Vitamins are required in small amount to protect our body from diseases.
- They are essential for the proper working of the body.
- They help in keeping our bones, teeth, eyes and gums healthy.

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- Vitamins are of different kinds such as Vitamin A, Vitamin B, Vitamin C, Vitamin D, Vitamin E, Vitamin K.
- They are obtained from fruits, vegetables, fish liver oil, milk, egg etc.

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Vitamins	Sources	Functions	Deficiencies
Vitamin A	Leafy green vegetables, oranges, carrots, tissues, pumpkins.	Forms & helps to maintain bones, skin, and teeth.	Colour blindness, night blindness, poor visibility.
Vitamin B ₁ (thiamine)	Sunflower seeds, whole grain cereals, energy sesame seeds.	Enables cells to turn carbohydrates into energy.	Beriberi - loss of appetite and weight.
Vitamin B ₂ (riboflavin)	Almonds, banana, green beans and RBEs (Red Blood Cells)	Maintains body growth	Skin disorders, Cheilosis - breaking of lips.

Vitamin	Sources	Functions	Deficiencies
Vitamin C	Fresh herbs, papaya, oranges, guava, cauliflower, strawberries, guava	Promotes healthy gums and teeth	Scurvy - gum disease (gingivitis)
Vitamin D	Sunlight, fish, egg, mushrooms	Necessary for the healthy development of bones and teeth	Rickets and osteomalacia - (weakening and softening of bones)

Vitamin	Sources	Functions	Deficiencies
Vitamin E	Soyabean oil, red chilli powder, processing avocots, green and olives, cooked spinach	'Helps in formation of RBC's.	Muscle weakness and Vitamin K transmission problems.
Vitamin K	Green leafy vegetables, soyabean oil.	Essential for blood coagulation.	Excessive bleeding from wound.