

## Vitamins and Minerals



These are needed very much in the body as they help to grow the body properly and they also help the body to fight from diseases. There are different kind of vitamins in the nature and all have different function in our body. Example vitamin A, B, C, D, E, F etc.

We must regularly have vitamins containing food. There are different kinds of vitamins. These are vitamin A, vitamin B, vitamin C, vitamin D, vitamin E and vitamin K. Fresh fruits, vegetables, meat, fish, milk and eggs are rich in vitamins.

Minerals are also important for our body. We get minerals from Fresh fruits, vegetables, meat, fish, milk and eggs. These foods contain minerals. Calcium is an important mineral needed to form healthy bones and teeth.

It is found in milk and leafy green vegetables. Iron is needed for making blood which is found in green vegetables.

