

Keeping Fit



Vitamins make people healthy.



Vitamin A

Sources of vitamin A and beta-carotene:

Vitamin A comes from animal sources such as eggs, meat, and dairy products

Beta-carotene, a precursor of vitamin A, comes from green, leafy vegetables and intensely colored fruits and vegetables







Vitamin D



The body itself makes vitamin D when it is exposed to the sun.

Cheese, butter, margarine, fortified milk, fish and fortified cereals are food sources of vitamin D.



#AD





Vitamin K

Food sources of vitamin K include cabbage, cauliflower, spinach and other green, leafy vegetables, as well as cereals





Bad Habits









Fast food



	Yes	No
1. Do you often eat vegetables and fruit?.....	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you do sports regularly?.....	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you watch TV for more than an hour?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you eat chocolate, sweets, chips and biscuits every day?.....	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you sleep 8-10 hours at night?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you sometimes think about how fit you are?	<input type="checkbox"/>	<input type="checkbox"/>

Put "One" for each "Yes".

What is your total score?	<input type="checkbox"/>	<input type="checkbox"/>
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Now read about yourself:

- 0-3:** Oh, dear! Forget about sweets and chips. You need fruit and vegetables and lots more exercises.
- 3-4:** Do more exercises and eat more carefully.
- 5-6:** You keep fit! Well done!

