

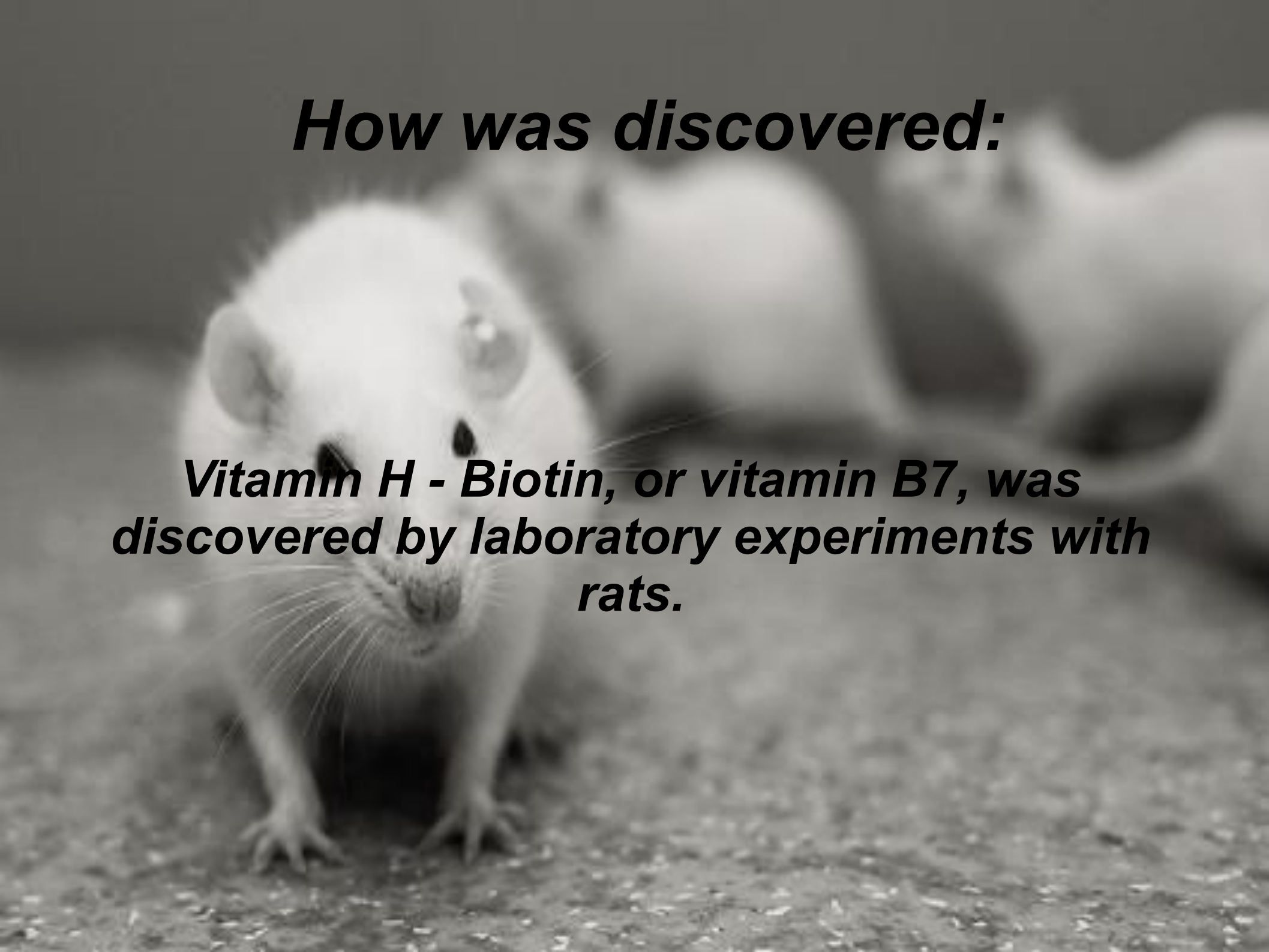
A photograph of a cracked egg on a white surface. The egg is broken, with the shell cracked open, revealing a bright orange yolk in the center. The egg white is spread out around the yolk. The background is plain white.

Vitamin H (Biotin)

Made By Dobrodeeva Valery 7 b

How was discovered:

Vitamin H - Biotin, or vitamin B7, was discovered by laboratory experiments with rats.



Which products contain vitamin H (biotin)

Biotin is found in many foods. In foods of animal origin it more in pork and beef liver, beef heart, egg yolk. There he is also in chicken meat and ham, cow's milk and cheese.

From vegetable products: tomatoes, beans, rice, rice bran, wheat flour, peas, carrots, cauliflower, apples, oranges, bananas, potatoes.

vocabulary

origin-происхождение

pork and beef liver-свинины и говядины печень

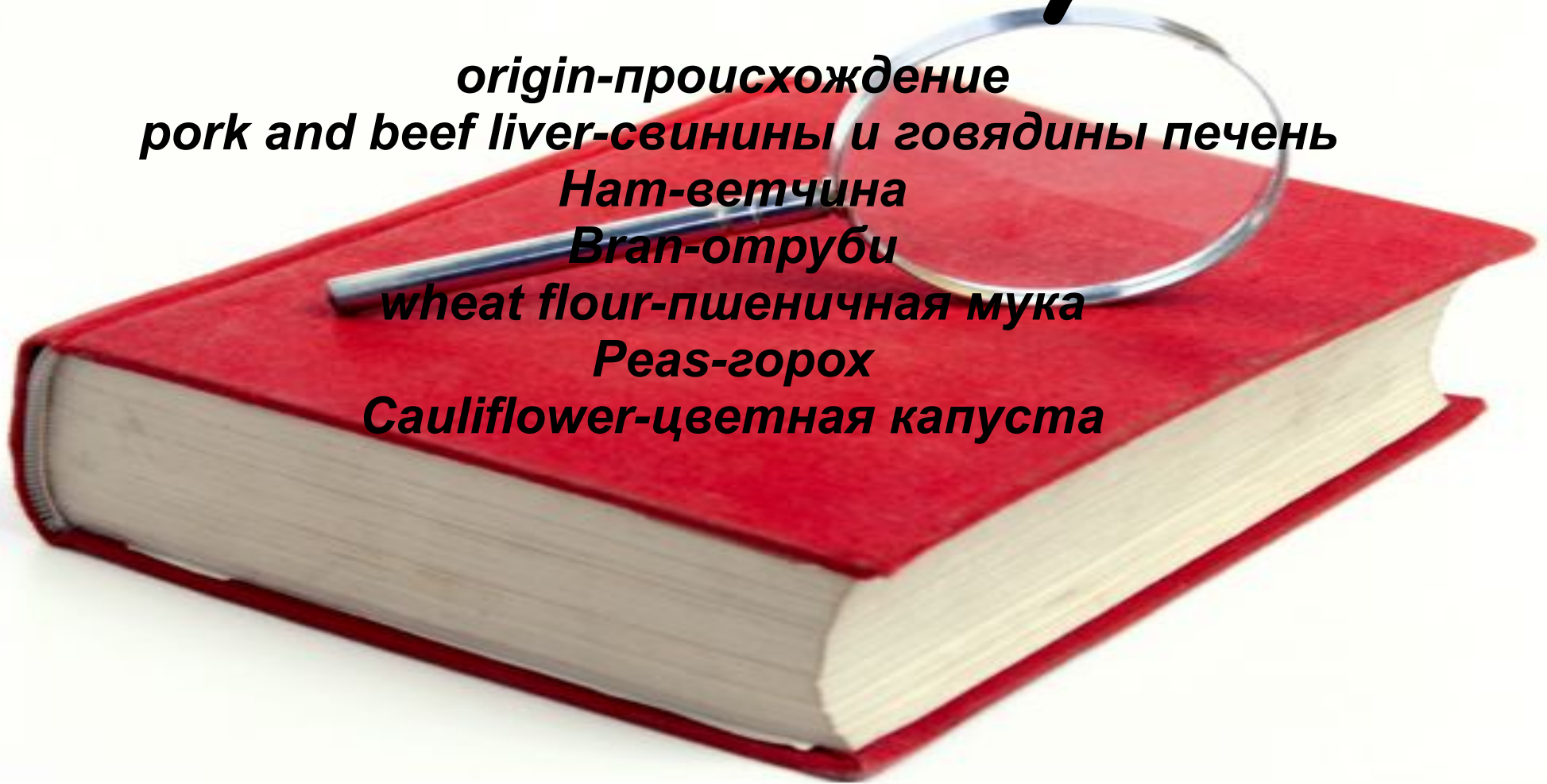
Ham-ветчина

Bran-отруби

wheat flour-пшеничная мука

Peas-горох

Cauliflower-цветная капуста





The End=)