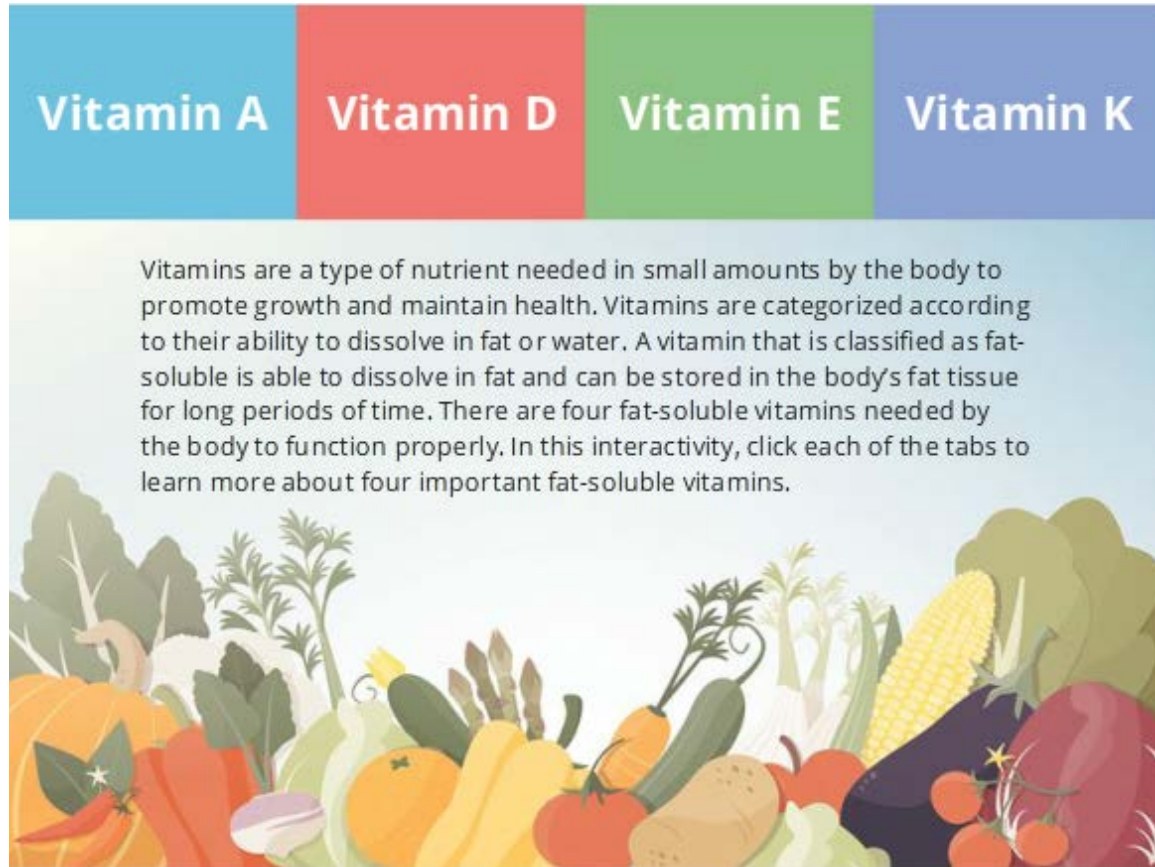


Module 8: Lifelong Health and Wellness


Topic 1 Content: Fat-Soluble Vitamins

Introduction



Vitamin A Vitamin D Vitamin E Vitamin K

Vitamins are a type of nutrient needed in small amounts by the body to promote growth and maintain health. Vitamins are categorized according to their ability to dissolve in fat or water. A vitamin that is classified as fat-soluble is able to dissolve in fat and can be stored in the body's fat tissue for long periods of time. There are four fat-soluble vitamins needed by the body to function properly. In this interactivity, click each of the tabs to learn more about four important fat-soluble vitamins.



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Module 8: Lifelong Health and Wellness

Topic 1 Content: Fat-Soluble Vitamins

Vitamin A



The infographic is divided into three sections. The top section, titled 'VITAMIN A', features a wooden bowl filled with various fruits and vegetables including broccoli, yellow bell peppers, red bell peppers, oranges, a papaya, and a carrot. A wooden spoon with a cherry tomato and a sprig of herbs is placed next to the bowl. The middle section, titled 'FOOD SOURCES', displays a row of seven individual food items: a head of broccoli, a yellow bell pepper, a slice of papaya, a green bell pepper, a cantaloupe melon, a carrot, and an orange. The right section contains a text box with a close button (an 'x' in a blue circle) in the top right corner.

The body uses vitamin A to maintain healthy skin and eyes and to promote the growth of strong bones and teeth. Fish, dairy products, and fruits and vegetables that are orange or dark green in color contain vitamin A.

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Module 8: Lifelong Health and Wellness

Topic 1 Content: Fat-Soluble Vitamins

Vitamin D



The infographic is titled "VITAMIN D" in large white letters on a wooden background. Below the title is a circular wooden platter containing various food items: a slice of Swiss cheese, a slice of cheddar cheese, a piece of salmon with a lemon slice, a hard-boiled egg, a soft-boiled egg, mushrooms, and a sprig of dill. To the left of the platter is a bowl of cereal with strawberries. Below the platter, the text "FOOD SOURCES" is written in red. Underneath this text are five icons: two mushrooms, a fried egg, a fish, a slice of Swiss cheese, and a box of "FORTIFIED Cereals". In the top right corner of the infographic, there is a red circular icon with a white 'x'.

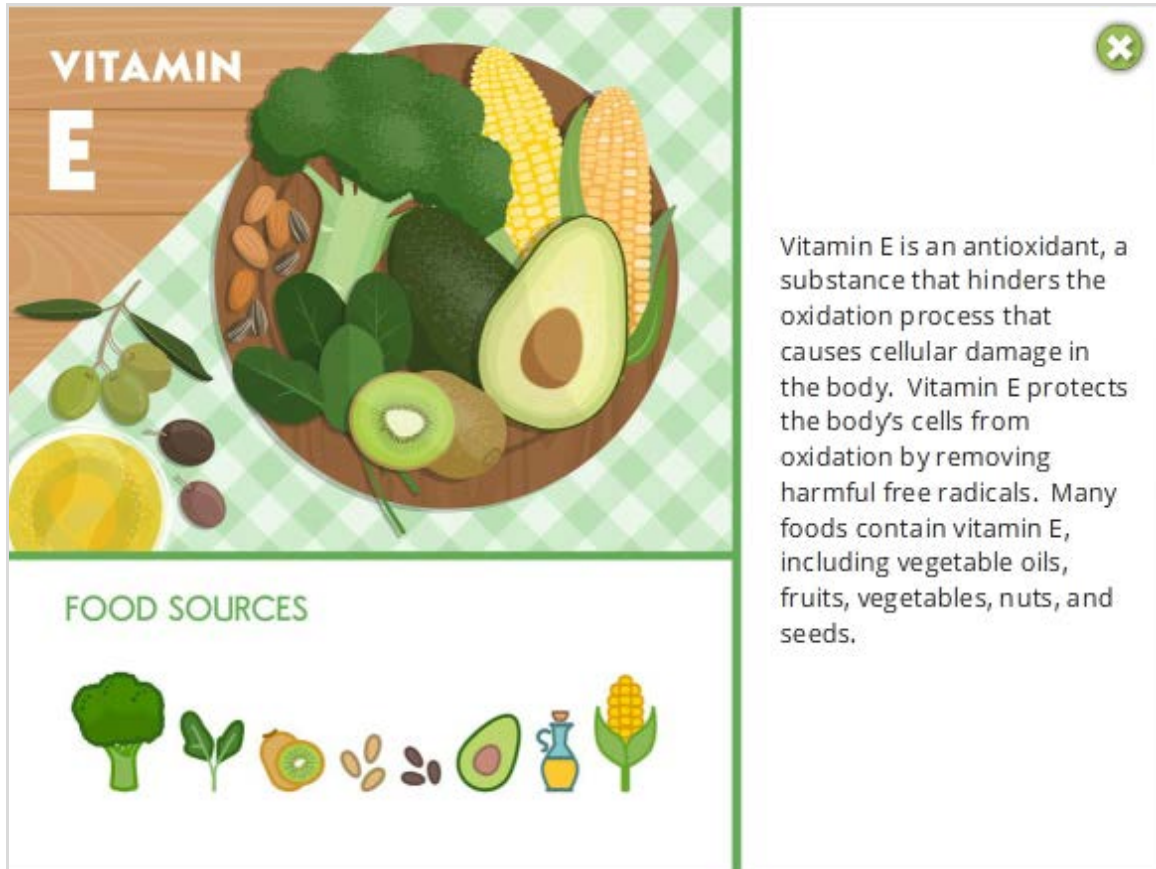
Vitamin D promotes strong bones and healthy teeth by assisting the body with absorption of calcium and phosphate. Oily fish, such as salmon, contain vitamin D. Many dairy products and breakfast cereals are commonly fortified with vitamin D as well. When exposed to sunlight, the skin produces vitamin D.

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Topic 1 Content: Fat-Soluble Vitamins

Vitamin E



The infographic is titled "VITAMIN E" in large white letters on a wooden background. Below the title is a wooden bowl filled with various food items: broccoli, corn cobs, almonds, spinach, kiwi, and an avocado. To the left of the bowl are olives and a bowl of yellow vegetable oil. Below the bowl, the text "FOOD SOURCES" is written in green. Underneath this text is a row of small icons representing the food sources: a broccoli, a spinach leaf, a kiwi, almonds, an avocado, a bottle of oil, and a corn cob. In the top right corner of the infographic, there is a small green circle with a white 'x' inside.

Vitamin E is an antioxidant, a substance that hinders the oxidation process that causes cellular damage in the body. Vitamin E protects the body's cells from oxidation by removing harmful free radicals. Many foods contain vitamin E, including vegetable oils, fruits, vegetables, nuts, and seeds.

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Module 8: Lifelong Health and Wellness

Topic 1 Content: Fat-Soluble Vitamins

Vitamin K



The infographic is divided into three main sections. At the top left, the text 'VITAMIN K' is displayed in large, bold, white letters on a dark wood-grain background. To the right of this text is a circular wooden bowl filled with various fresh green vegetables, including a head of lettuce, asparagus, cucumber slices, spinach, and a radish. Below the bowl, a small bowl of yellow oil and a bunch of green olives are shown. In the top right corner of the infographic, there is a small blue circular icon with a white 'x' inside. The middle section is titled 'FOOD SOURCES' in blue text. Below this title, there is a row of seven small icons representing different food sources: a head of lettuce, a cucumber, three asparagus spears, a radish, a stalk of green onion, a small bottle of yellow oil, and two green peas.

Vitamin K promotes bone health and normal blood clotting. It also assists in the production of proteins in the body. Green, leafy vegetables, including spinach and broccoli, as well as certain vegetable oils, such as canola oil and olive oil, contain vitamin K.

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