

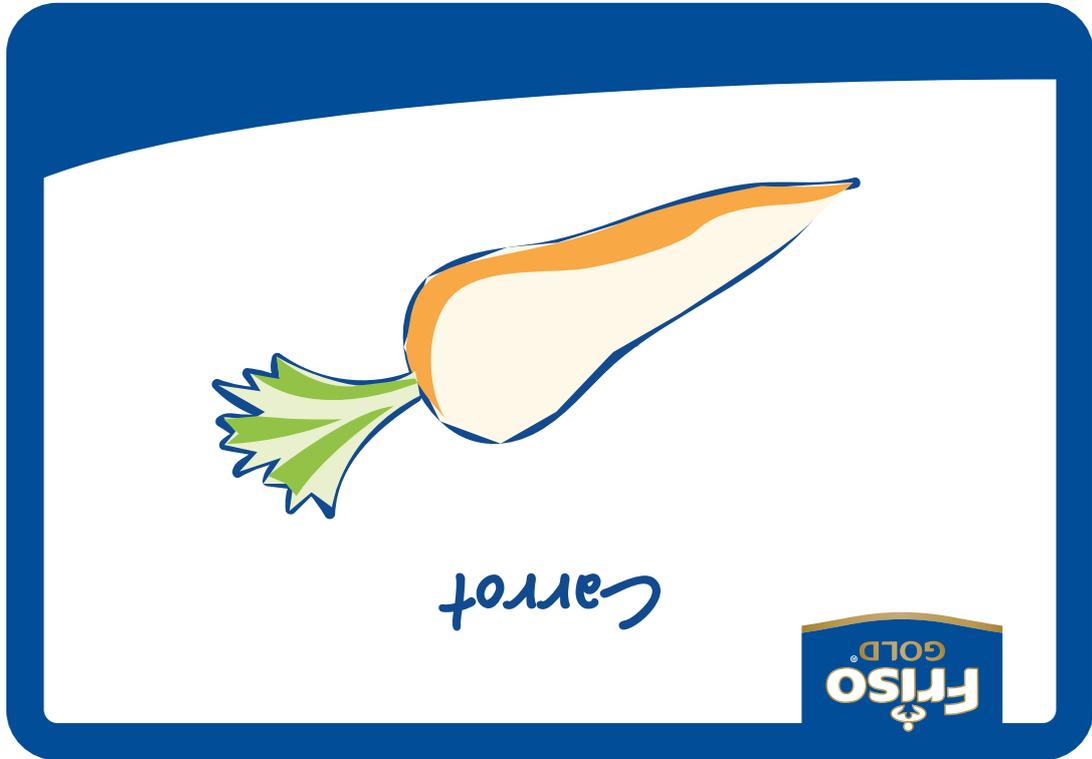


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Milk contains calcium.

Calcium contributes to the maintenance of normal bones and teeth, blood clotting, nerve and muscle function, and growth and development of bones in children.

The recommended daily intake is 500mg. It can be found in milk, yoghurt, and cheese.

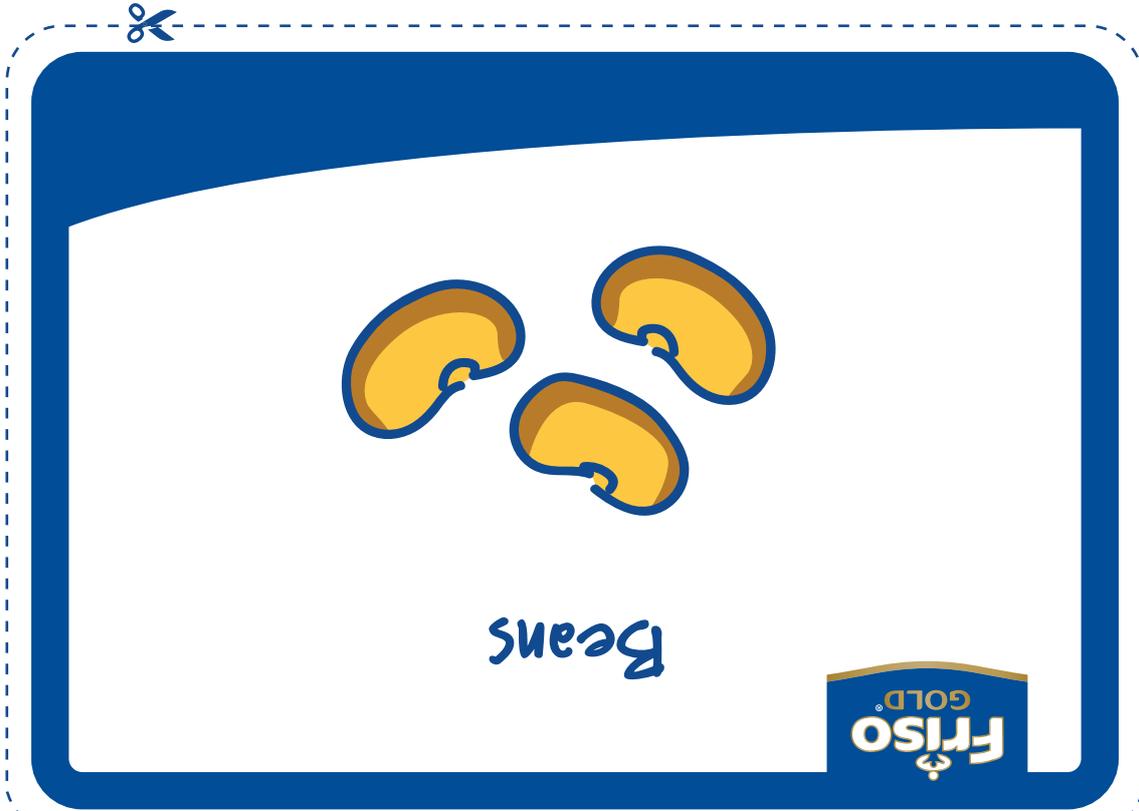


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Carrots contain Vitamin A.

Vitamin A contributes to the normal functioning of the immune system, and maintenance of normal vision, skin, and mucous membranes.

The recommended daily intake is 300mcg RAE (retinal activity equivalents). Vitamin A can be found in carrots, spinach, mangoes, broccoli, and papayas.



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Beans contain fibre.

Fibre aids the digestive system and contributes to normal bowel function.

The recommended daily intake is 19g. It can be found in fruits, vegetables, whole grains, and beans.



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Chicken contains protein.

Protein contributes to normal growth and development of muscle mass and bones in children.

The recommended daily intake is 16g. It can be found in lean meat, cheese, yoghurt, and eggs.

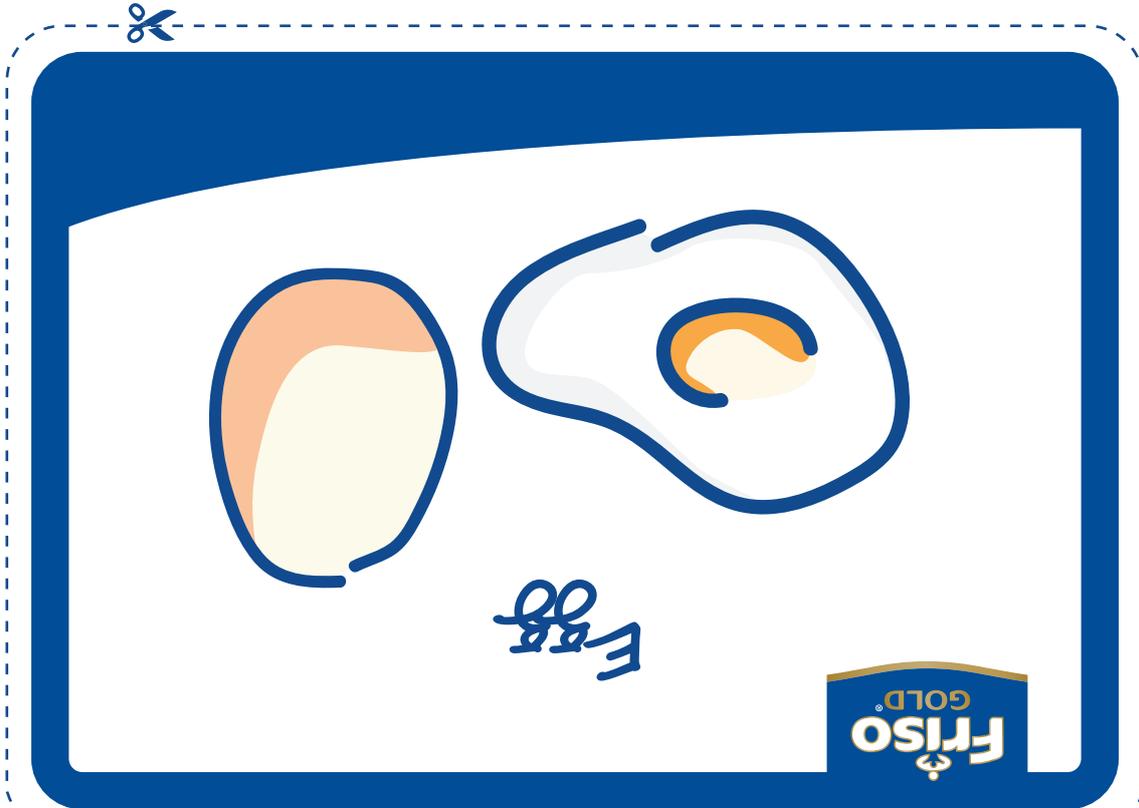


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Pasta contains carbohydrates.

Carbohydrates are a source of energy and they contribute to the maintenance of normal brain function.

The recommended daily intake is 130g. It can be found in brown rice, wholemeal breads, noodles, and pastas.



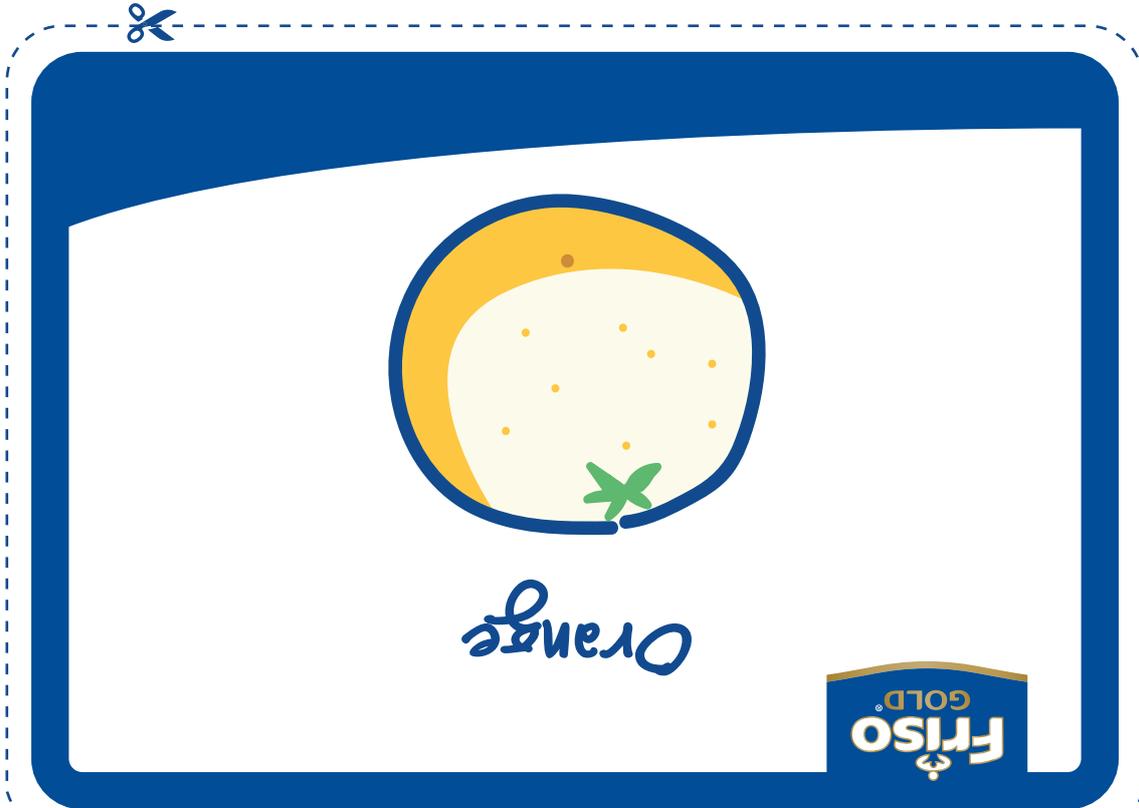
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Eggs contain Vitamin B.

Vitamin B2 contributes to the normal metabolism of energy-yielding nutrients such as carbohydrates, fats, proteins, and the normal functioning of the nervous system, maintenance of normal mucous membranes, red blood cells, and skin. It protects cells from free radicals. It also reduces tiredness and fatigue.

Vitamin B12 contributes to the normal metabolism of energy-yielding nutrients such as carbohydrates, fats, and proteins. It also helps the normal functioning of the nervous and immune system, homocysteine metabolism, psychological function, and red blood cell formation. It has an important role in the multiplication of body cells for growth.

The recommended daily intake is 0.5mg of Vitamin B2 and 0.9mcg of Vitamin B12. It can be found in wholemeal breads, brown rice, beans, lean meat, fish, and eggs.

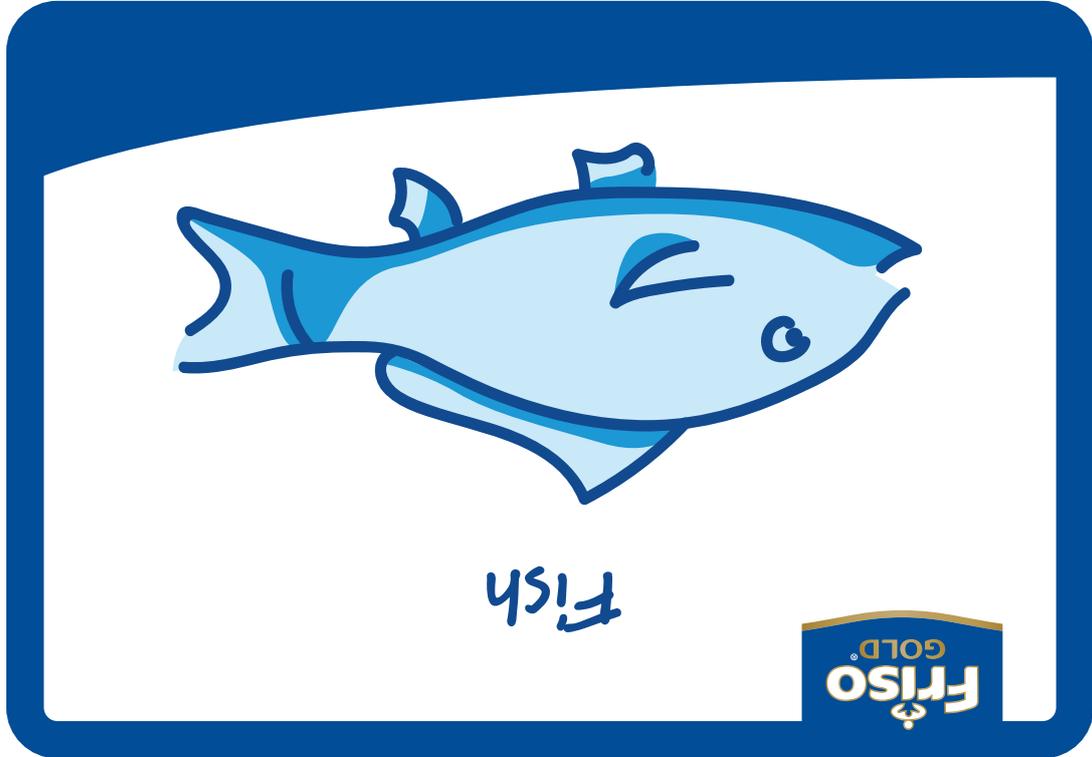


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Oranges contain Vitamin C.

Vitamin C contributes to normal collagen formation for the normal functioning of bones, blood vessels, cartilage, gums, skin, and teeth. It also helps the normal functioning of the nervous and immune system, and the absorption of iron.

The recommended daily intake is 15mg. It can be found in oranges, papayas, kiwis, broccoli, and mangoes.



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Fish contains Vitamin D.

Vitamin D contributes to normal blood calcium levels for strong teeth and bones. It also helps the normal functioning of the immune system, and the regulation of cell growth.

The recommended daily intake is 10mcg. It can be found in yoghurt, fish, and fortified milk.



Spinach

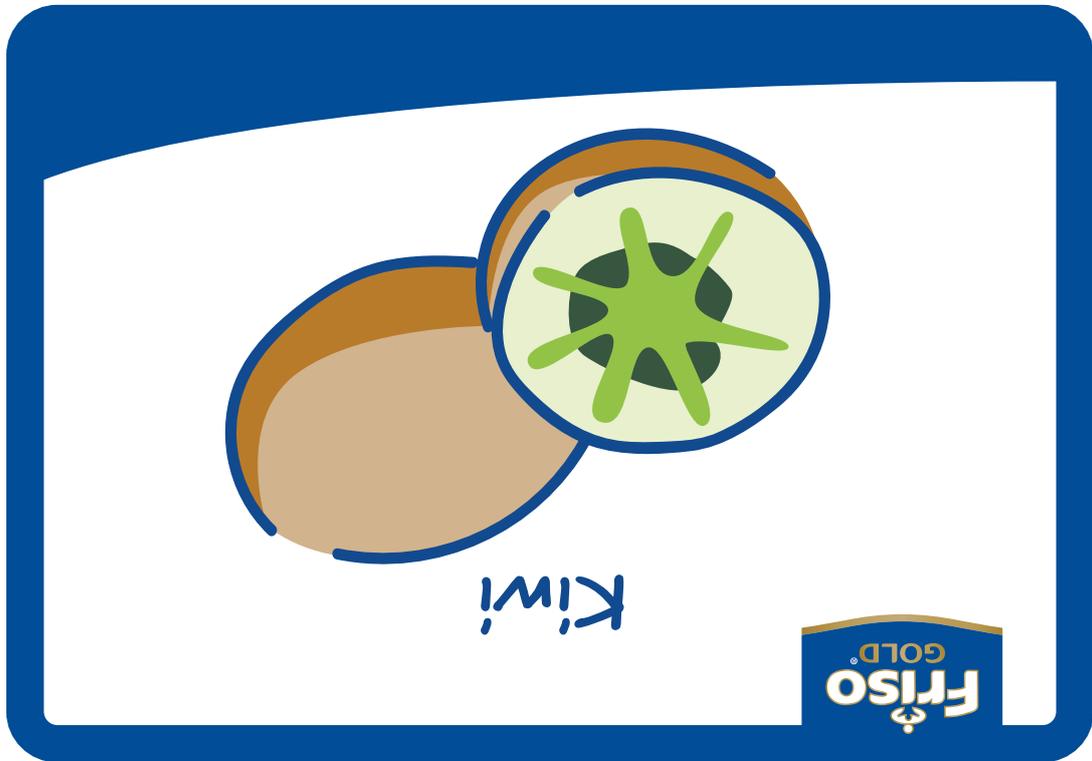


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Spinach contains Vitamin K.

Vitamin K contributes to normal blood clotting and the maintenance of normal bones.

The recommended daily intake is 15mcg. It can be found in spinach, broccoli, green peas, and carrots.

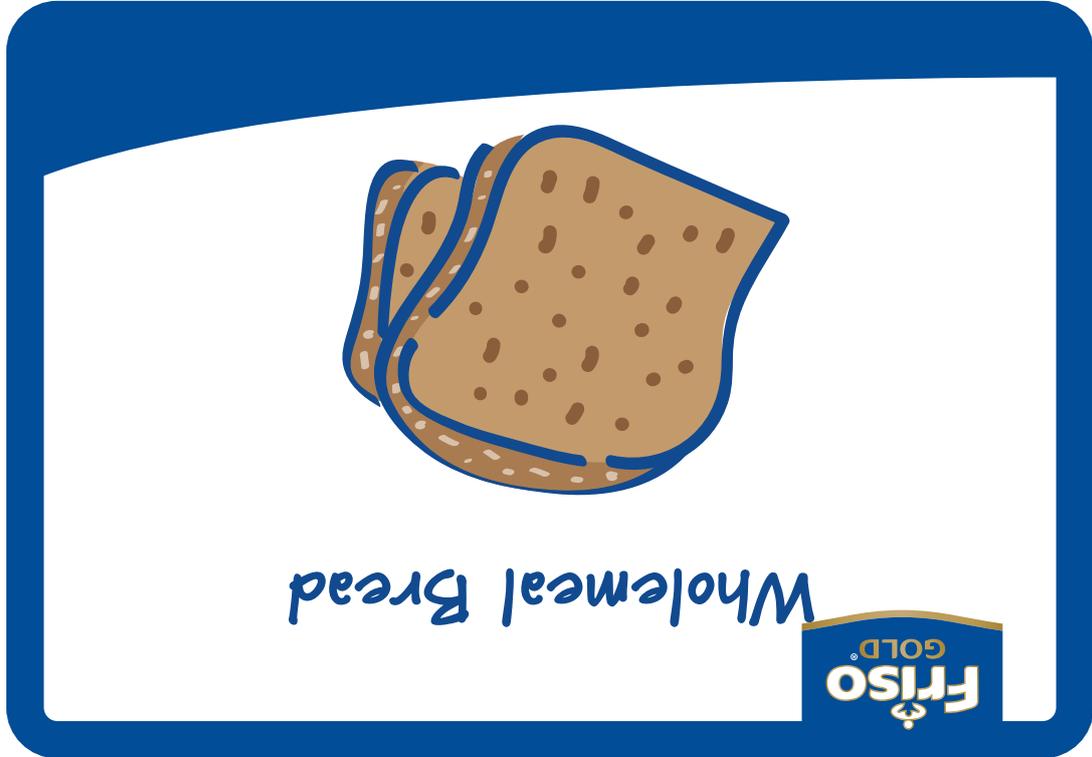


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Kiwis contain Vitamin E.

Vitamin E contributes to the protection of cells from free radicals.

The recommended daily intake is 6mg. It can be found in kiwis, mangoes, and peanut butter.



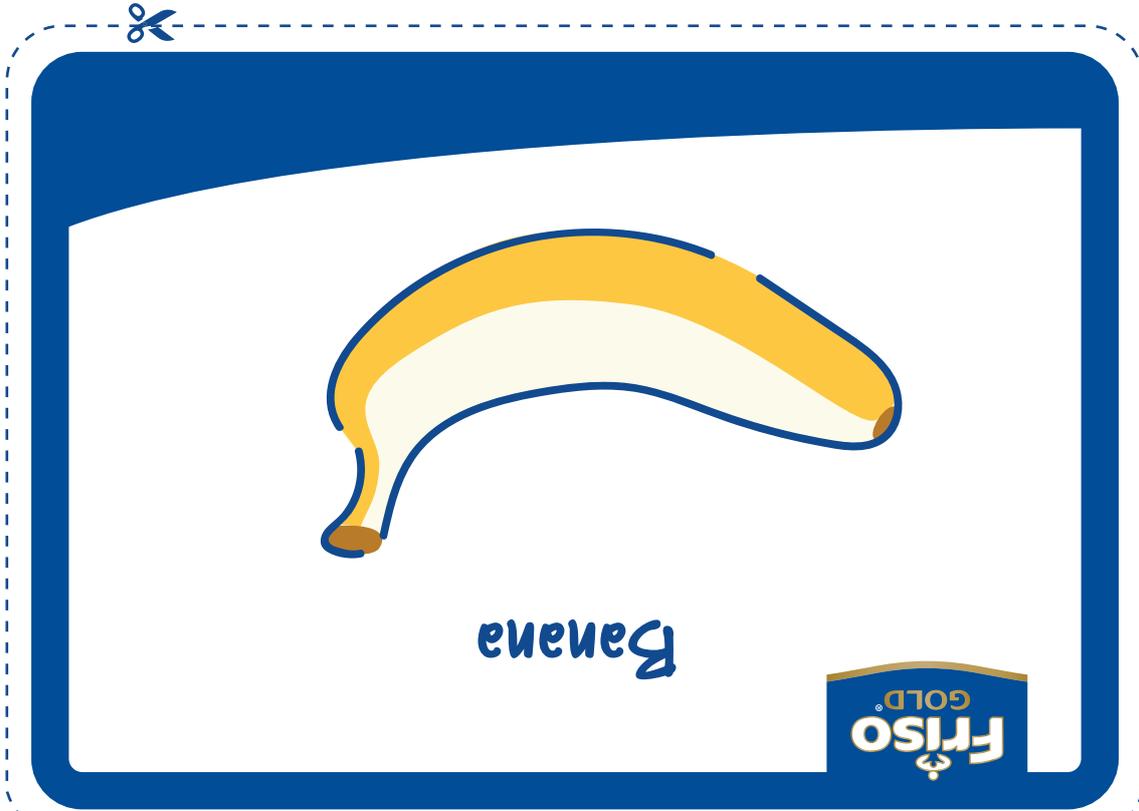
Wholemeal Bread

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Wholemeal bread contains iron.

Iron contributes to the normal formation of red blood cells and haemoglobin, oxygen transport in the body, cognitive function, and function of the immune system.

The recommended daily intake is 10mg. It can be found in fish, poultry, leafy vegetables, beans, and wholemeal breads.

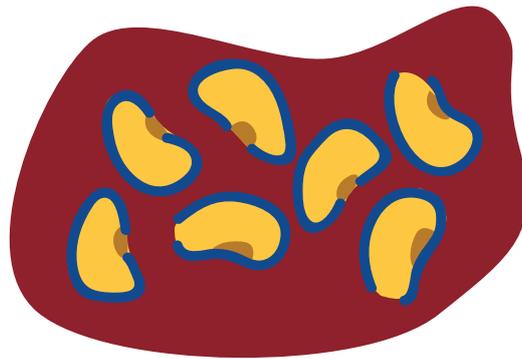


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Bananas contain potassium.

Potassium contributes to the normal functioning of the nervous system, muscles, and maintenance of normal blood pressure.

The recommended daily intake is 3000mg. It can be found in potatoes, prunes, tomatoes, bananas, and spinach.



Baked Beans

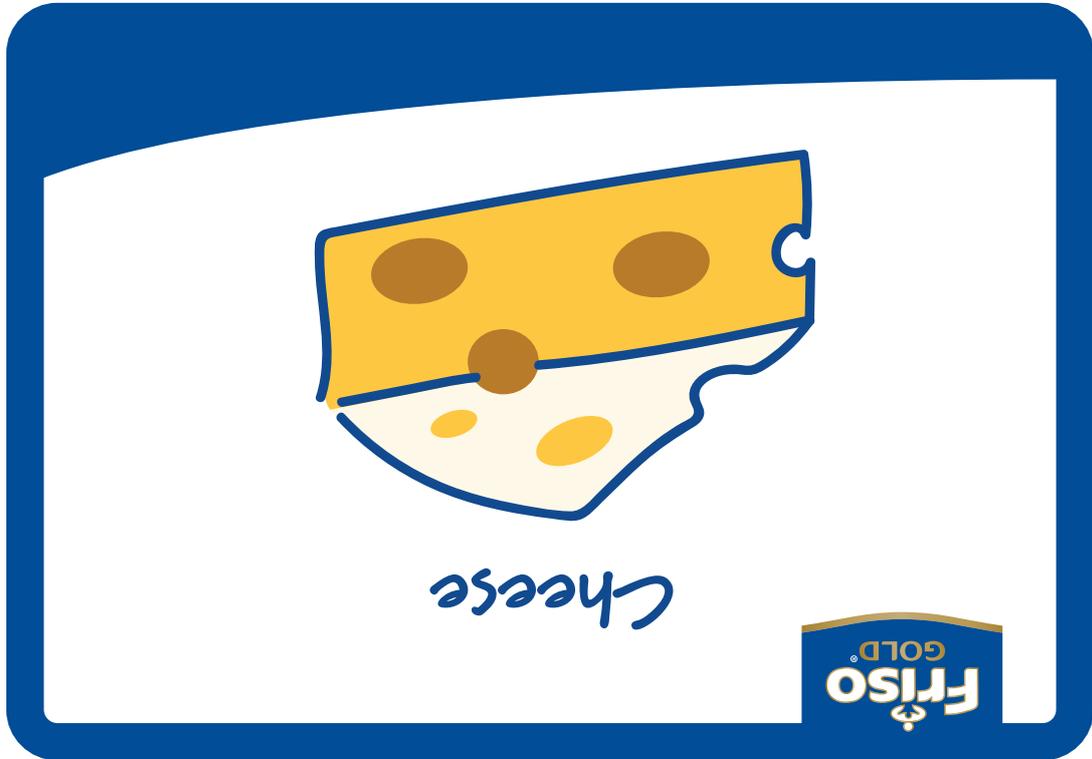


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Baked beans contain magnesium.

Magnesium contributes to electrolyte balance, and the normal functioning of the nervous system and muscles. It reduces tiredness and fatigue and contributes to the normal metabolism of energy-yielding nutrients such as carbohydrates, fats, and proteins.

The recommended daily intake is 80mg. It can be found in oatmeal, brown rice, bananas, and baked beans.



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Cheese contains zinc.

Zinc contributes to the maintenance of normal vision, skin, nails, function of the immune system, and the protection of cells from free radicals. It also has a role in cell multiplication.

The recommended daily intake is 3mg. It can be found in milk, cheese, yoghurt, brown rice, lean meat, and fish.