

Vitamin C



*Made by Christina Chay
From 7 «B»*

Vitamin C is in every fruit and vegetable.



Ascorbic acid is one form of vitamin C.



Vitamin C is a factor in protecting the body from the effects of stress. Increases resistance to infections.



Vocabulary.

Ascorbic acid- Аскорбиновая кислота
a factor in protecting- Фактор защиты

Increases resistance- Повышает
сопротивляемость



References:

1)

https://www.google.ru/search?q=%D0%B2%D0%B8%D1%82%D0%B0%D0%BC%D0%B8%D0%BD+c&hl=ru&newwindow=1&tbm=isch&tbo=u&source=univ&sa=X&ei=nJlqUZrJF4TKswbmsYFQ&ved=0CEwQsAQ&biw=1280&bih=845#hl=ru&newwindow=1&tbm=isch&sa=1&q=%D0%B2%D0%B8%D1%82%D0%B0%D0%BC%D0%B8%D0%BD+%D1%81+%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8&oq=%D0%B2%D0%B8%D1%82%D0%B0%D0%BC%D0%B8%D0%BD+c+&gs_l=img.1.0.0i2110.38152.38152.2.41340.1.1.0.0.0.62.62.1.1.0...0.0...1c.1.9.img.KwZf23msefE&fp=1&biw=1040&bih=804&cad=b&bav=on.2,or.r_qf.&sei=A7BqUcCcOMGbtQamxoH4Dg

2) http://en.wikipedia.org/wiki/Ascorbic_acid





The end.

