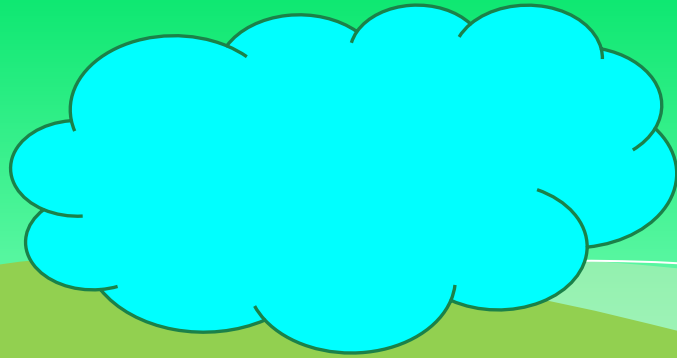




# Vitamin A



made by Stepa Kate 7B



\* **Vitamin A**-soluble vitamin. In 1913, Elmer McCollum, a biochemist at the University of Wisconsin–Madison, and colleague Marguerite Davis identified a fat-soluble nutrient in butterfat and cod liver oil.



# Vocabulary

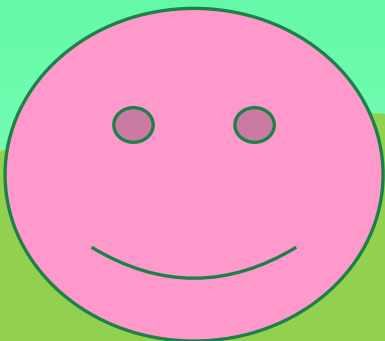
Soluble-жирорастворимый

Identify-определить

Nutrient-питательный

Butterfat-молочный жир

Cod liver oil-масло печени трески



# Plant sources



- \* Green and yellow vegetables (carrots, squash, peppers, spinach, broccoli, green onions, parsley), legumes (soy, peas), peaches, apricots, apples, grapes, watermelon, melon, rose, buckthorn, black cherry, herbs (alfalfa, borage leaves, burdock root, cayenne pepper, fennel, hops, horsetail, kelp, lemongrass, mullein, nettle, oats, parsley, peppermint, plantain, raspberry leaves).

# Vocabulary

- \* Squash-тыква
- \* Legumes-бобовые
- \* Soy-соя
- \* Peas-горох
- \* Watermelon-арбуз
- \* Buckthorn-облепиха
- \* Herb-трава
- \* Alfalfa-люцерна
- \* Borage leaves-листья огуречника
- \* Fennel-фенхель
- \* Hops -хмель
- \* Horsetail kelp-хвощ ламинария
- \* Lemongrass-лимонник
- \* Mullein-коровяк
- \* Nettle-крапива
- \* Oats-овес
- \* Peppermint-мята
- \* Plantain-подорожник
- \* Raspberry leaves-листья малины
- \* Burdock root-корень лопуха
- \* Cayenne pepper-кайенский перец

# Animals sources

- \* Cod liver oil, liver (especially beef), caviar, milk, butter, margarine, sour cream, cottage cheese, egg yolk.



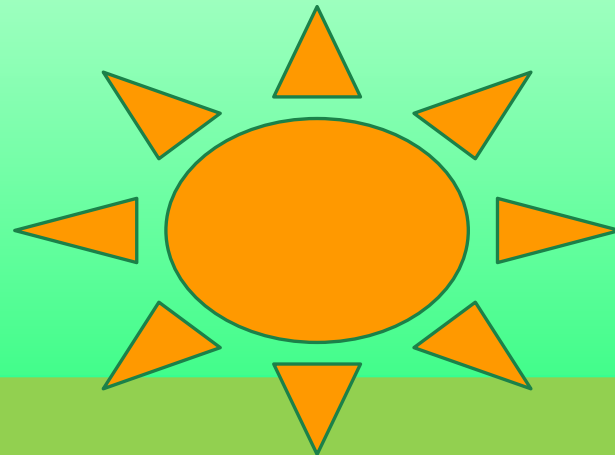
# Functions of vitamin A



Vitamin A is useful for eyes, nervous system, digestive system, etc.

# Vocabulary

- \* Cottage cheese-творог
- \* Digestive-пищеварительный





\* 1 слайд

[http://ru.wikipedia.org/wiki/%D0%A4%D0%B0%D0%B9%D0%BB:%D0%9F%D0%BB%D0%BE%D0%B4%D1%8B\\_%D0%B0%D0%B1%D1%80%D0%B8%D0%BA%D0%BE%D1%81%D0%B0.jpg](http://ru.wikipedia.org/wiki/%D0%A4%D0%B0%D0%B9%D0%BB:%D0%9F%D0%BB%D0%BE%D0%B4%D1%8B_%D0%B0%D0%B1%D1%80%D0%B8%D0%BA%D0%BE%D1%81%D0%B0.jpg)

\* <http://commons.wikimedia.org/wiki/File:Cantaloupes.jpg?uselang=ru>

\* [http://commons.wikimedia.org/wiki/File:Red\\_Apple.jpg?uselang=ru](http://commons.wikimedia.org/wiki/File:Red_Apple.jpg?uselang=ru)

\* [http://images.yandex.ru/yandsearch?text=%D1%81%D1%8B%D1%80&pos=1&uinfo=sw-1263-sh-885-fw-1038-fh-598-pd-1&rpt=simage&img\\_url=http%3A%2F%2Ffitfan.ru%2Fuploads%2Fposts%2F2010-10%2F1286903357\\_cheese.jpg](http://images.yandex.ru/yandsearch?text=%D1%81%D1%8B%D1%80&pos=1&uinfo=sw-1263-sh-885-fw-1038-fh-598-pd-1&rpt=simage&img_url=http%3A%2F%2Ffitfan.ru%2Fuploads%2Fposts%2F2010-10%2F1286903357_cheese.jpg)

\* 2 слайд

\* [http://www.vitamini.ru/vitamin\\_14.html](http://www.vitamini.ru/vitamin_14.html)

\* 4 слайд

\* [http://commons.wikimedia.org/wiki/File:Autumn\\_Red\\_peaches.jpg?uselang=ru](http://commons.wikimedia.org/wiki/File:Autumn_Red_peaches.jpg?uselang=ru)

\* [http://commons.wikimedia.org/wiki/File:Wine\\_grapes04.jpg?uselang=ru](http://commons.wikimedia.org/wiki/File:Wine_grapes04.jpg?uselang=ru)

\* 6 слайд

\* [http://commons.wikimedia.org/wiki/File:Milk\\_glass.jpg?uselang=ru](http://commons.wikimedia.org/wiki/File:Milk_glass.jpg?uselang=ru)

\* [http://images.yandex.ru/yandsearch?text=%D0%B8%D0%BA%D1%80%D0%B0%20%D0%BA%D1%80%D0%B0%D1%81%D0%BD%D0%B0%D1%8F&pos=4&uinfo=sw-1263-sh-885-fw-1038-fh-598-pd-1&rpt=simage&img\\_url=http%3A%2F%2Faltfast.ru%2Fuploads%2Fposts%2F2010-07%2F1278421022\\_24.jpg](http://images.yandex.ru/yandsearch?text=%D0%B8%D0%BA%D1%80%D0%B0%20%D0%BA%D1%80%D0%B0%D1%81%D0%BD%D0%B0%D1%8F&pos=4&uinfo=sw-1263-sh-885-fw-1038-fh-598-pd-1&rpt=simage&img_url=http%3A%2F%2Faltfast.ru%2Fuploads%2Fposts%2F2010-07%2F1278421022_24.jpg)

\* [http://images.yandex.ru/yandsearch?text=%D0%B6%D0%B5%D0%BB%D1%82%D0%BE%D0%BA&pos=2&uinfo=sw-1263-sh-885-fw-1038-fh-598-pd-1&rpt=simage&img\\_url=http%3A%2F%2Fs1.hubimg.com%2Fu%2F3351932\\_f520.jpg](http://images.yandex.ru/yandsearch?text=%D0%B6%D0%B5%D0%BB%D1%82%D0%BE%D0%BA&pos=2&uinfo=sw-1263-sh-885-fw-1038-fh-598-pd-1&rpt=simage&img_url=http%3A%2F%2Fs1.hubimg.com%2Fu%2F3351932_f520.jpg)

\* 7 слайд

\* [http://images.yandex.ru/yandsearch?text=%D0%B3%D0%BB%D0%B0%D0%B7&pos=0&uinfo=sw-1263-sh-885-fw-1038-fh-598-pd-1&rpt=simage&img\\_url=http%3A%2F%2Fcs9560.vkontakte.ru%2Fu154448357%2F-14%2Fx\\_858682d9.jpg](http://images.yandex.ru/yandsearch?text=%D0%B3%D0%BB%D0%B0%D0%B7&pos=0&uinfo=sw-1263-sh-885-fw-1038-fh-598-pd-1&rpt=simage&img_url=http%3A%2F%2Fcs9560.vkontakte.ru%2Fu154448357%2F-14%2Fx_858682d9.jpg)