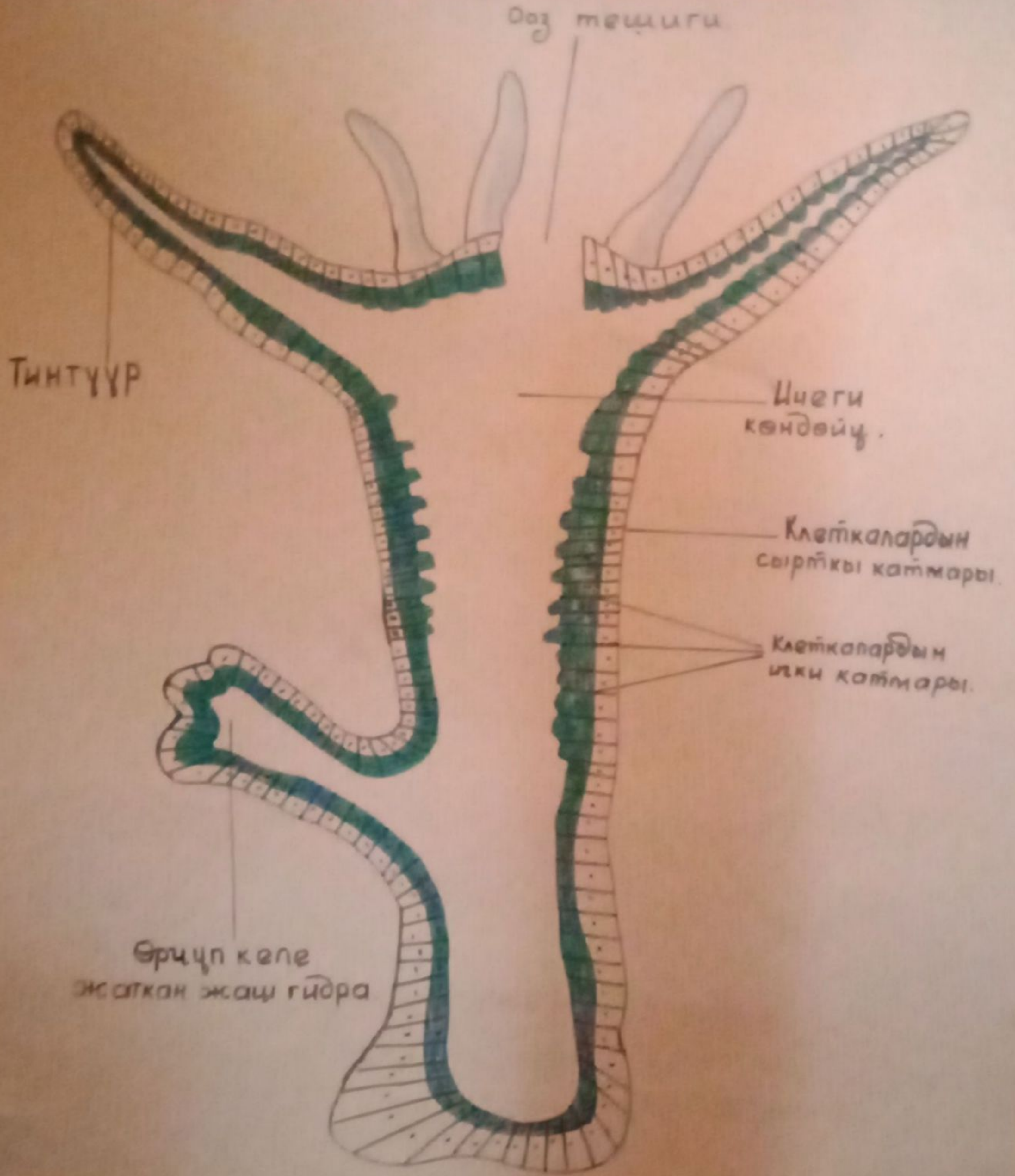




ГИДРАНЫН ТҮЗҮЛҮШҮ





ВИТАМИНДЕР

С **А** **В** **Д**

The infographic lists various food sources for each vitamin:

- С (Vitamin C):** Citrus fruits (lemons, oranges), berries (strawberries, raspberries), green vegetables (broccoli, spinach), and other fruits (apples, pears).
- А (Vitamin A):** Liver, carrots, leafy greens (spinach, kale), and other vegetables (pumpkin, tomatoes).
- В (Vitamin B):** Grains (wheat, rice), legumes (beans, lentils), and eggs.
- Д (Vitamin D):** Fish (salmon, cod), mushrooms, and sunlight (represented by a sun icon).



Adult Butterfly

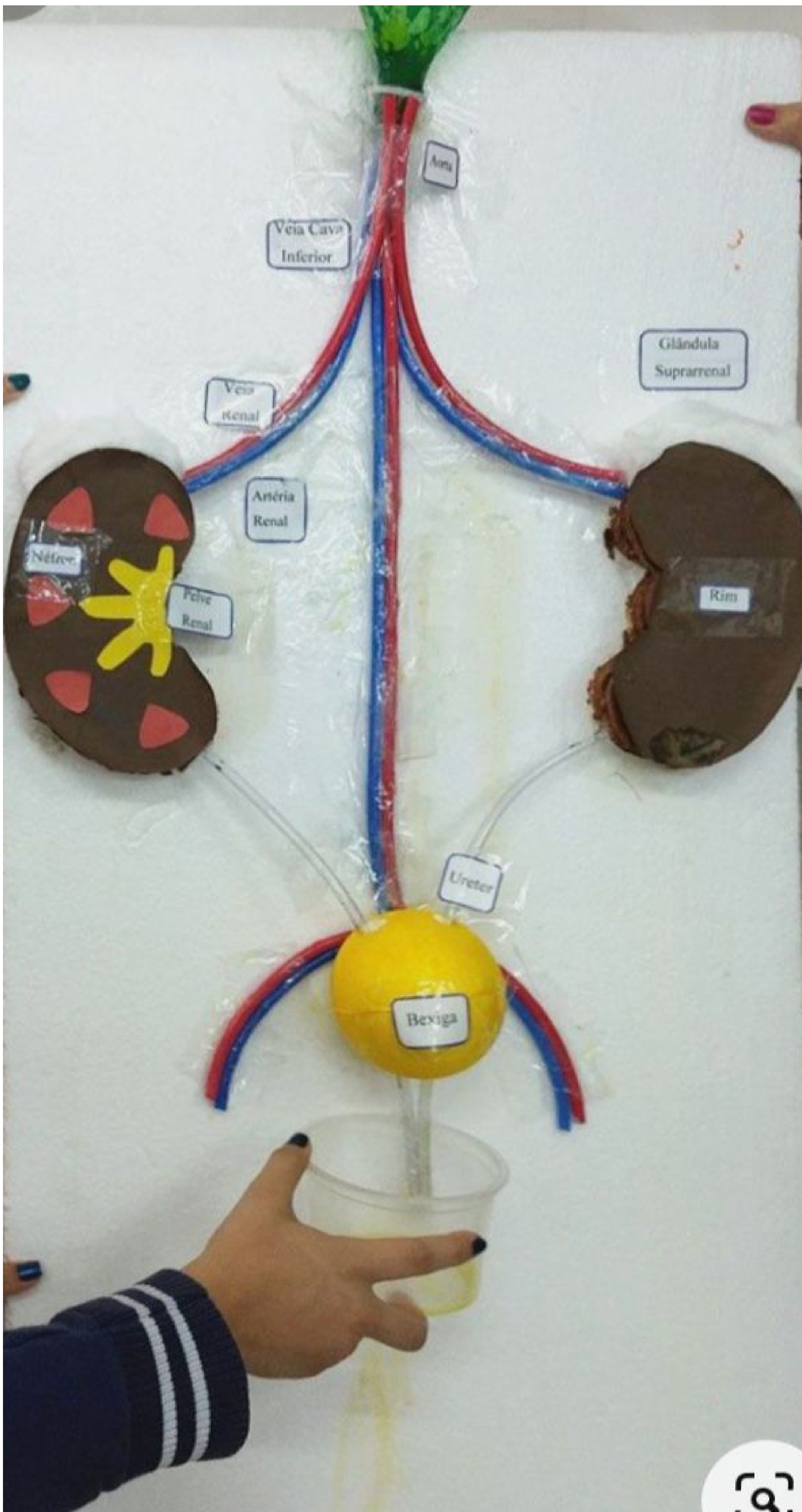
Egg hatches into larva

The caterpillar sheds its skin and forms a pupa

The pupa changes into an adult butterfly

The larva grows and sheds its skin as caterpillar







МУУНАК

БУТТУУЛААР

ТИБИ

1/1

РАК СЫМАЛДААР КЛАССЫ



КУМУРСКА СЫМАЛАДАР КЛАССЫ



1/1

ДӨРГӨМҮШ СЫМАЛААР КЛАССЫ







Образ

Word

1/1

МУУНАК
БУТТУУЛАР
ТИБИ

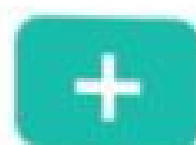
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Редактировать PDF



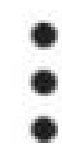
метка



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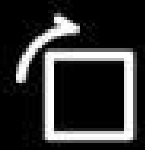
Ещё



Образ

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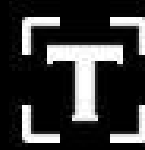
1/1



Поворот



Обрезать



Извлечь текст



Поделиться



Еще





