

## Kea Kids News: Toasted vitamins? Bread's folic acid health boost 15 August 2021

Source *Kea Kids - Stuff .co.nz*

Over the next two years, folic acid will be added to most of the bread made by businesses.

Folic acid helps embryos (the stage before babies become babies) develop healthy brains and spines.

Associate Health Minister Dr Ayesha Verrall has previously said that about 34 per cent of bread already includes the vitamin B supplement. Folic acid will not be added to organic and non-wheat breads.

9-year-old [Kea Kids News](#) reporter Beth Thorogood, from Fernridge Primary School, asked her baker dad Ralph what bread with folic acid tastes like.

[Watch the video to see what it looks like as well.](#)

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