

Science - Food nutrition

Vitamin A is good for our eyes and skin.

The B Vitamins give us energy and make oxygen.

Vitamin C prevents illnesses.

Vitamin D is good for our bones and teeth.

Vitamin E is good for our eyes and skin.

Vitamin K is good for our blood.

1 Look at the posters and answer the questions.

- 1 Which food do we get vitamins A, B, D and E from? _____
- 2 Which vitamins do we get from green vegetables? _____
- 3 Which vitamins are good for our eyes and skin? _____ and _____
- 4 Which vitamin prevents illnesses? _____

2 Write a food diary for yourself. Then check (✓) the vitamin chart.

Date: _____

Breakfast _____

Snack _____

Lunch _____

Tea _____

Dinner _____

| Vitamin A | B Vitamins | Vitamin C | Vitamin D | Vitamin E | Vitamin K |
|-----------|------------|-----------|-----------|-----------|-----------|
| | | | | | |

Subject: Science

Food nutrition

Objective: nutrition and food classification

Vocabulary: *vitamins, energy, oxygen, illnesses, bones, teeth, eyes, skin, blood*

Introduction

Explain to pupils that there are six main categories of vitamins. Most food contains some vitamins and in many cases food contains a selection of different vitamins. However, some food has high quantities of one vitamin, for example, oranges contain a lot of vitamin C.

Warm up

- Write the word *vitamins* on the board. Under this write the letters A, B, C, D, E and K.
- Circle the letters A, D, E and K. Explain that our body can store these vitamins for several days.
- Circle the letters B and C. Explain that our body cannot store these vitamins. Whatever we don't use immediately is eliminated each day.
- It is important to eat food with vitamins B and C every day.

- Tell the pupils to look at the posters. Read the text and ask questions, for example, *Do we get vitamin A from eggs? What do we need vitamin D for? What type of vitamin do we get from sardines?*

Activity 1

- Pupils look at the posters and answer the questions.

Answers: 1-eggs; 2-C, E, K and B; 3-vitamins A and E; 4-vitamin C

Activity 2

- Pupils make a list of everything they ate the previous day, even the things they shouldn't have eaten!
- Pupils check off the food and drinks on their diary against the vitamin posters.
- Ask them to check whether they had all the vitamins and especially the vitamins we need to eat every day.
- Ask pupils to say which vitamins they didn't have.

Project ideas

- Make fruit salads.
- Hold a blindfold testing survey for fruit and cold food.