

Vitamins and You!

Lesson Description

Students are introduced to the roles of 5 dietary vitamins in supporting health. They will identify food sources for the vitamins and make vitamin information posters to present to their classmates and display in the classroom.

- Time required: 60 minutes
- Location of lesson: Classroom

Learning Objectives

- Be introduced to 5 essential dietary vitamins (A, B, C, D, E) and how they support health.
- Identify various food sources for each essential vitamin.

Attitude and Behavior Goal

- Eat a wide variety of fruits and vegetables.

Materials and Preparation

- 5 poster boards or large blank pieces of paper
- Magazines with pictures of foods to be cut up, at least 5-10 or more
- Scissors, at least 5 pairs
- Glue or glue sticks, at least 5
- Markers, at least 5
- A food package with a Nutrition Facts Food Label that shows vitamins listed at the bottom
-  **Vitamins and You!**
-  **Vitamin Information Sheets** – print out and bring to class
- Prepared vegetable snack of the week – 1 for each student
- Water to drink during the Class Warm-up – water dispenser in the classroom and 1 cup or a water bottle for each student

Class Warm-up: Champion Cheer and Veggie Taste Test (5-10 minutes)

- Give each student a cup of water or ensure that they have a filled water bottle in front of them.
- Give each student the prepared veggie snack of the day.
- Lead the students in enthusiastically reciting the  **Champion Cheer**.
- At the end of the cheer, drink water and eat the veggie snack together.

- Have students complete their  **Taste Test Observations** about the vegetable snack of the week.

Review of Last Lesson (2-3 minutes)

- Review the evaluation questions from last week's lesson. Evaluation questions from all lessons are listed at the end of the workbook .

Class Discussion (10 minutes)

Foods have some invisible super powers in them; they're called vitamins! Essential vitamins are the ones that our bodies cannot make for themselves, and it is essential that we get them from eating healthy foods. Remember when we talked about eating a rainbow of fruits and vegetables? Eating different colored fruits and vegetables is one way to get a healthy mix of vitamins. Today, we'll learn more about foods that have vitamins A, B, C, D and E.

Where can we find information about the vitamins in foods on a food package? (Answer: The Nutrition Facts Food Label) Show students a food package with a Nutrition Facts Food Label and point out where the vitamins are listed in the bottom portion of the label.

Activities (40 minutes)

-  **"Vitamins and You" (10 minutes)**: Students complete a workbook page about the functions of 5 essential vitamins.
 1. Refer students to the workbook page,  **Vitamins and You!** Refer to the workbook answer key for the answers. Read the instructions on the workbook page and have students fill in the blanks together as a class.
 2. Discuss:
 - i. *What does vitamin C do for the body?* (Answer: helps heal you when you are sick or get cuts)
 - ii. *What foods can you eat to get vitamin A?* (Answers: orange fruits and vegetables like carrots, sweet potatoes, oranges, etc.)
 - iii. *You can get vitamin D from food, but where else does your body get vitamin D?* (Answer: the sun)
-  **"Vitamin Posters" (20 minutes)**: Students work in groups to make vitamin information posters to hang up in the classroom.
 1. Divide students into 5 groups. Pass out 1  **Vitamin Information Sheet** to each group so that each group is assigned 1 of the 5 vitamins.
 2. Pass out magazines, scissors, glue, markers and 1 sheet of poster board or paper to each group.

3. *We are going to make vitamin posters that will be like a fact sheet for each vitamin.*
 - a. *Find pictures in the magazines of examples of foods that are good sources of your vitamin.*
 - b. *Include information on what the vitamin does for you.*
 4. Hang the completed posters up on the classroom wall.
- **“Poster Presentations” (10 minutes):** Students share their vitamin poster with the class and try to convince everyone why their vitamin is the most important one.
 1. Each group of students from the vitamin poster activity will come to the front of the room and present their vitamin and poster to the rest of the class.
 - a. Have students include:
 - i. What their vitamin does for the body
 - ii. Food sources of the vitamin
 - iii. *Have fun trying to convince the rest of the class why your vitamin is the most important one (ALL the vitamins are equally important, this is just for fun!).*
 1. *Example: Vitamin D helps our bodies use calcium to build strong bones and teeth. And you need teeth to eat food to get all of the other vitamins, so Vitamin D is most important!*
 - b. Discuss:
 - i. *Is any 1 vitamin more important than the others? (No, they are all equally important for our health).*

Evaluation Questions (5 minutes)

1. *What are the names of the 5 essential vitamins we need? (Answer: Vitamins A, B, C, D, E)*
2. *What does vitamin C do for the body? (Answer: helps heal you when you are sick or get cuts)*
3. *What foods can you eat to make sure you get vitamin A? (Answer: orange fruits and vegetables)*
4. *You can get vitamin D from food, but where else does your body get vitamin D? (Answer: the sun)*
5. *What does Vitamin E do in the body? (Answer: helps our skin)*
6. *How much water should you drink every day? (Answer: at least 6 cups of water a day)*
7. *How many fruits and vegetables should you eat every day? (Answer: at least 5 fruits and vegetables a day)*
8. *Does gardening connect you to your culture and help you learn new words in your language? (Answer: yes)*

Preparation for Future Lessons – Reminder for the Instructor

- Review the materials and preparation needed for the next lesson.
- Remember that an Elder guest instructor is needed for these Spring lessons: lesson 1 (Eating A Rainbow), lesson 4 (The Water Cycle), and lesson 9 (Plant Parts: Pollination).

Notes
