

EXERCISE 1

DIRECTIONS: Read or review the scenario. Answer the questions. Circle the appropriate word or phrase.

1. School lunches provide _____ of the recommended dietary allowances of protein, Vitamin A, Vitamin C, calcium, and iron.

1/3

1/2

2/3

2. A person with a Vitamin C deficiency is most likely to _____.

break a leg

resist infection

become anemic

3. What do Vitamin B12 and iron have in common?

They affect red blood cells. They prevent infections. They build strong bones.

4. Which food is most likely to contain too much sodium?

a steak

a hot dog

a salad

5. With enough sunlight, the body can make _____.

Vitamin A

Vitamin E

Vitamin D

6. How can you find information about the amount of calcium, iron, and sodium in a food?

Look in a dictionary. Read the food label. Ask the produce manager.

7. If you ate a large spinach salad, you would NOT get _____.

Vitamin K

iron

niacin

8. Which food is most likely to provide you with Vitamin A in the form of retinoids?

eggs

oranges

pumpkins

9. Which of the following foods is NOT likely to be fortified with Vitamin D?

cereal

milk

fresh spinach

TEACHER DIRECTIONS

For lower-level learners, complete the activity by first reading the relevant section of the scenario aloud or asking a good reader to read aloud. Read the sentence in the activity. Ask learners to look for the sentence within the section that tells the answer. Either read or ask someone to read that sentence. Reread the target sentence in the activity and the options. Ask a reader to choose the correct response. Reread the target sentence in the activity with the correct option.

More advanced learners may be able to read the entire scenario before completing the activity. They may be able to complete the activity independently.

After each sentence or after the activity is complete, ask learners to explain or give examples. For instance, after the first sentence " School lunches provide _____ of the recommended dietary allowances of protein, Vitamin A, Vitamin C, calcium, and iron" you could ask how the rest of the recommended dietary allowances would be provided.

More advanced learners can explain the other words or use them in verbal or written sentences.

KEY

1. 1/3
2. get a cold
3. They affect red blood cells.
4. a hot dog
5. Vitamin D
6. Read the food label.
7. Niacin
8. eggs
9. fresh spinach

This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson.

EXERCISE 2

DIRECTIONS: Think about what you learned about the vitamins and minerals. Answer the following questions. When possible, use complete sentences.

1. How do school lunches compare to brown bag lunches? _____

2. What is the difference between water-soluble and fat-soluble vitamins? _____

3. Why is important to eat foods that contain water-soluble vitamins each day?

4. Find 3 words or phrases in the story that you think are most important to the vitamins and minerals.

List the words or phrases:

(1) _____

(2) _____

(3) _____

Write a sentence with each word or phrase.

(1) _____

(2) _____

(3) _____

5. Pretend that you are planning meals for yourself for one day. Complete the chart by listing the foods you would have at breakfast, lunch, and dinner. Try to get at least one of each vitamin and mineral every day. Check the vitamins and minerals each food would provide.

FOOD	VITAMINS											MINERALS		
BREAKFAST	A	B1	B2	B3	B6	B9	B12	C	D	E	K	Iron	Calcium	Sodium
LUNCH	A	B1	B2	B3	B6	B9	B12	C	D	E	K	Iron	Calcium	Sodium
DINNER	A	B1	B2	B3	B6	B9	B12	C	D	E	K	Iron	Calcium	Sodium

6. In terms of sodium, what is the difference between eating fresh foods and eating "fast" or "convenience" foods?

7. Why do you think bread and cereals are more likely to be fortified with vitamins or minerals? _____

8. Some diets suggest that a person eat only one type of food. For instance, a diet might suggest that a person eat only meat or only fruits and vegetables. What effect might this have on a person's health? _____

9. What is the difference between retinoids and beta-carotene? _____

10. Why do you think eating liver is a good source of the fat-soluble vitamins? _____

TEACHER DIRECTIONS for EXERCISE 2

For lower-level learners, complete the activity by first reading the relevant section of the scenario aloud or asking a good reader to read aloud. Lower-level learners may respond verbally.

More advanced learners may be able to read the entire scenario before completing the activity. They may be able to complete the activity independently with written responses. Encourage learners to discuss responses verbally as a class or in small groups.

KEY

Answers may vary but should include basic information.

1. School lunches contain more nutrients than most brown bag lunches. School lunches provide one-third of the recommended dietary allowances of protein, Vitamin A, Vitamin C, calcium, and iron. School lunches have more vitamins and minerals. Brown bag lunches have more fat, sugar and salt.
2. Water-soluble vitamins are dissolved by water in body cells. Fat-soluble vitamins are stored in fat tissues and in the liver until the body needs them.
3. Water-soluble vitamins that are not used by the body are eliminated through urine or sweat. Thus, a supply of water-soluble vitamins is needed each day.
4. *Answers will vary.*
5. *Answers will vary.*
6. Fresh foods do not have added salt (sodium). Processed or convenience foods are often prepared with too much salt (sodium).
7. Breads and cereals are part of the *Grains Group* of MyPyramid. Since a large portion of a daily diet includes those foods, they are good choices for added minerals or vitamins. In addition, breads and cereals are processed foods. Vitamins and minerals can easily be added when they are produced.
8. If a person eats only one type of food, that person may not get all the vitamins and minerals provided by a balanced diet.
9. Retinoids come from animal sources such as liver, fish, and eggs. Beta-carotene comes from plant sources.
10. Fat-soluble vitamins are stored in the livers of animals as well as in the livers of people.

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