

EXERCISE 1

MATCHING

DIRECTIONS: Write the word in the box next to the picture. Choose the word from the box on the right.

1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

- APRICOTS**
- FISH**
- DAIRY PRODUCTS**
- CEREAL**
- BELL PEPPERS**
- KIWI**
- PUMPKINS**
- SARDINES**
- STRAWBERRIES**
- WATERMELON**

TEACHER DIRECTIONS for EXERCISE 1

The teacher orally reviews words in the box on the right. After learners complete the activity, they compare responses with partners.

Using a separate sheet of paper, encourage learners to write simple sentences using the words (e.g., The bell peppers are green.)

Once students correctly label pictures, they can cut rows apart and fold on the line between the picture and the word to create simple flash cards.

Other activities: Alphabetize words. Sort according to different features.

KEY

1. bell peppers
2. pumpkins
3. cereal
4. kiwi
5. dairy products
6. apricots
7. fish
8. strawberries
9. watermelon
10. sardines

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**FILL-IN-THE BLANK
NUTRITION TERMS**

DIRECTIONS: Write the term that is described in the blank.

- _____ 1. A form of Vitamin A obtained from plants
- _____ 2. A grass used to make cereal
- _____ 3. Edible bean curd used in cooking
- _____ 4. Compounds found in plant foods; a source of energy for the body
- _____ 5. Mineral found in some foods that builds blood cells
- _____ 6. Opposite of raw
- _____ 7. Another name for Vitamin B1
- _____ 8. Another name for Vitamin B9
- _____ 9. Contains added vitamins and minerals
- _____ 10. Substances in food that are essential to health but
that do not provide energy or build cells
- _____ 11. A group of water-soluble vitamins that contribute to health
- _____ 12. Uncooked or unprocessed foods; raw
- _____ 13. Treatment of food to change its form
- _____ 14. A mineral in salt
- _____ 15. Plants or animals that humans eat
- _____ 16. Another name for Vitamin B3
- _____ 17. Another name for Vitamin B2
- _____ 18. The parts of foods that the body cannot digest
- _____ 19. Without water
- _____ 20. A meat or poultry organ eaten as food

TEACHER DIRECTIONS for EXERCISE 3

Teacher reads definitions and words in the word list aloud. Teacher instructs learners to match the words with their definitions. If learners have difficulty reading and understanding the definitions, the teacher provides assistance and support.

Ask students to use words in sentences of their own. Lower-level students can provide a verbal sentence and the teacher can write it on paper or on the board for other students to copy. More advanced students can write sentences independently.

KEY

1. beta-carotene
2. grain
3. tofu
4. carbohydrates
5. iron
6. cooked
7. thiamin
8. folate
9. enriched
10. vitamins and minerals
11. B-Complex vitamins
12. fresh
13. processed
14. sodium
15. foods
16. niacin
17. riboflavin
18. fiber
19. dried
20. liver

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

EXERCISE 4**WRITING FRAMES
VITAMINS AND MINERALS**

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

When Anna and Bill go to the Open House at Kay's school, they learn about the differences between school lunches and brown bag lunches. Three things that they learn about school lunches are

- (1) _____
- (2) _____ and
- (3) _____.

VITAMINS

Anna and Bill also learn about vitamins. They learn that vitamins are important because

- (1) _____ and
- (2) _____.

Anna and Bill learn that there are two main types of vitamins. These are

- (1) _____ and
- (2) _____.

WATER-SOLUBLE VITAMINS

Water-soluble vitamins are dissolved by _____ in body cells.

Vitamins that are not used by the body are eliminated through urine or sweat. Thus, a supply of these vitamins is needed each day. Vitamin C and the B-complex vitamins are water-soluble.

VITAMIN C

Another name for Vitamin C is _____. Three of the things that

Vitamin C does for the body are

(1) _____

(2) _____ and

(3) _____.

Five foods that are good sources of Vitamin C are

(1) _____

(2) _____

(3) _____.

(4) _____ and

(5) _____.

B-COMPLEX VITAMINS

B-complex vitamins are a group of vitamins. They function together and separately to promote good health. For instance, together they help make red blood cells. These cells carry oxygen throughout the body.

VITAMIN B1

Another name for Vitamin B1 is _____. Three of the things that Vitamin B1 does for the body are

- (1) _____
- (2) _____ and
- (3) _____.

Five foods that are good sources of Vitamin B1 are

- (1) _____
- (2) _____
- (3) _____.
- (4) _____ and
- (5) _____.

VITAMIN B2

Another name for Vitamin B2 is _____. Three of the things that Vitamin B2 does for the body are

- (1) _____
- (2) _____ and
- (3) _____.

Five foods that are good sources of Vitamin B2 are

- (1) _____
- (2) _____
- (3) _____.
- (4) _____ and
- (5) _____.

VITAMIN B3

Another name for Vitamin B3 is _____. Three of the things that Vitamin B3 does for the body are

- (1) _____
- (2) _____ and
- (3) _____.

Five foods that are good sources of Vitamin B3 are

- (1) _____
- (2) _____
- (3) _____.
- (4) _____ and
- (5) _____.

VITAMIN B6

Three of the things that Vitamin B6 does for the body are:

- (1) _____
- (2) _____ and
- (3) _____.

Five foods that are good sources of Vitamin B6 are

- (1) _____
- (2) _____
- (3) _____.
- (4) _____ and
- (5) _____.

VITAMIN B9

Another name for Vitamin B9 is _____. Three of the things that Vitamin B9 does for the body are

- (1) _____
- (2) _____ and
- (3) _____.

Five foods that are good sources of Vitamin B9 are

- (1) _____
- (2) _____
- (3) _____.
- (4) _____ and
- (5) _____.

VITAMIN B12

Three of the things that Vitamin B12 does for the body are

- (1) _____
- (2) _____ and
- (3) _____.

Five foods that are good sources of Vitamin B12 are

- (1) _____
- (2) _____
- (3) _____.
- (4) _____ and
- (5) _____.

FAT-SOLUBLE VITAMINS

Unlike water-soluble vitamins, fat-soluble vitamins are stored in _____ tissues and in the _____ until the body needs them. Vitamins A, D, E, and K are fat-soluble.

VITAMIN A

Three of the things that Vitamin A does for the body are

- (1) _____
- (2) _____ and
- (3) _____.

There are two types of Vitamin A: _____ and _____.

Three foods that are good sources of retinoids are

- (1) _____
- (2) _____ and
- (3) _____.

Three foods that are good sources of beta-carotene are

- (1) _____
- (2) _____ and
- (3) _____.

VITAMIN D

Vitamin D is unusual because _____
_____.

Three of the things that Vitamin D does for the body are

- (1) _____
- (2) _____ and
- (3) _____.

Five foods that are good sources of Vitamin D are

- (1) _____
- (2) _____
- (3) _____.
- (4) _____ and
- (5) _____.

VITAMIN E

Three of the things that Vitamin E does for the body are

- (1) _____
- (2) _____ and
- (3) _____.

Five foods that are good sources of Vitamin E are

- (1) _____
- (2) _____
- (3) _____.
- (4) _____ and
- (5) _____.

VITAMIN K

Two of the things that Vitamin K does for the body are

(1) _____ and

(2) _____.

Five foods that are good sources of Vitamin K are

(1) _____

(2) _____

(3) _____.

(4) _____ and

(5) _____.

MINERALS

Anna and Bill learned that like vitamins, minerals are nutrients needed by the body. They keep the body functioning. The body uses minerals to regulate body processes and give the body structure. Information about the minerals calcium, iron, and sodium must be included on

_____.

CALCIUM

Three of the things that calcium does for the body are

(1) _____

(2) _____ and

(3) _____.

Five foods that are good sources of calcium are

(1) _____

(2) _____

(3) _____.

(4) _____ and

(5) _____.

IRON

Three of the things that iron does for the body are

- (1) _____
- (2) _____ and
- (3) _____.

Five foods that are good sources of iron are

- (1) _____
- (2) _____
- (3) _____.
- (4) _____ and
- (5) _____.

SODIUM

Sodium is different from other minerals because people tend to get _____

_____ in their diets.

_____ foods are better to eat than _____ foods because

they have less sodium.

Anna and Bill are glad that Kay wants to eat lunch at school because it provides a variety of foods that help children eat enough vitamins and minerals each day.

TEACHER DIRECTIONS for EXERCISE 4

After reading the scenario, learners complete the writing frames by filling in blanks. Frames can be completed as a single assignment or divided by food group. Some answers will vary.

KEY

Answers appear in boldface type.

When Anna and Bill go to the Open House at Kay's school, they learn about the differences between school lunches and brown bag lunches. Three things that they learn about school lunches are *(any three of the following:*

A school lunch is a whole meal that provides all of the basic food groups. A school lunch provides 1/3 of the recommended dietary allowances. A school lunch has more nutrients than a brown bag lunch. A school lunch has less fat, sugar, and salt than a brown bag lunch.)

VITAMINS

Anna and Bill also learn about vitamins. They learn that vitamins are important because *(any two of the following:*

They keep the body healthy and functioning properly. They are needed for good health. They help bodies work properly. They help you get energy from food. They grow and repair body tissues, skin, and bones. Anna and Bill learn that there are two main types of vitamins. These are **water-soluble** and **fat-soluble**.

WATER-SOLUBLE VITAMINS

Water-soluble vitamins are dissolved by **water** in body cells. Vitamins that are not used by the body are eliminated through urine or sweat. Thus, a supply of these vitamins is needed each day. Vitamin C and the B-complex vitamins are water-soluble.

VITAMIN C

Another name for Vitamin C is **ascorbic acid**. Three of the things that Vitamin C does for the body are *(any three of the following:*

It helps form connective tissues. It promotes healthy gums and teeth. It helps the body absorb iron and calcium. It protects the body against infection. It helps heal cuts and broken bones.)

Five foods that are good sources of Vitamin C are *(any five of the following: citrus fruits such as oranges, lemons, grapefruits; kiwis, watermelons, strawberries, potatoes, sweet potatoes, tomatoes; green vegetables such as spinach, broccoli, bell peppers; fortified cereal; fresh fruits; fresh vegetables)*

B-COMPLEX VITAMINS

B-complex vitamins are a group of vitamins. They function together and separately to promote good health. For instance, together they help make red blood cells. These cells carry oxygen throughout the body.

VITAMIN B1

Another name for Vitamin B1 is **thiamin**. Three of the things that Vitamin B1 does for the body are *(any three of the following:*

It helps keep the nervous system, heart, and muscles healthy. It helps the body release energy from food. It helps the body digest carbohydrates. It stabilizes the appetite.)

Five foods that are good sources of Vitamin B1 are *(any five of the following: any meat, pork, dairy foods, fortified or other grain products, oranges, raisins, green beans, peanut butter, dried beans, eggs, poultry or fish.)*

VITAMIN B2

Another name for Vitamin B2 is **riboflavin**. Three of the things that Vitamin B2 does for the body are:

It helps the body energy from carbohydrates, fats, and proteins. It promotes normal growth of cells. It promotes general health.

Five foods that are good sources of Vitamin B2 are *(any five of the following: any dairy product, fortified cereals or grains, pork, green vegetables such as broccoli or spinach, mushrooms, and asparagus.)*

VITAMIN B3

Another name for Vitamin B3 is **niacin**. Three of the things that Vitamin B3 does for the body are *(any three of the following:*

It helps the body use other nutrients. It improves blood circulation. It regulates blood cholesterol. It increases energy. It maintains the nervous system. It keeps the skin, tongue, and digestive system healthy.)

Five foods that are good sources of Vitamin B3 are *(any five of the following: fortified cereals or fortified bread products, chicken, peanut butter, dried peas, dried beans, tuna)*

VITAMIN B6

Three of the things that Vitamin B6 does for the body are

It helps the body build new proteins. It helps the body get energy from fats and carbohydrates. It is needed for the brain and nervous system to function normally.

Five foods that are good sources of Vitamin B6 are *(any five of the following: broccoli, cantaloupe, bananas, spinach, any protein--meat, fish, poultry, nuts, beans, eggs-- , fortified cereals or grain products.)*

VITAMIN B9

Another name for Vitamin B9 is **folic acid**. Three of the things that Vitamin B9 does for the body are:

It promotes heart health. It gives the body energy. It prevents some types of anemia.

Five foods that are good sources of Vitamin B9 are *(any five of the following: any vegetable, citrus fruits, beans, peas, whole-grain cereals, or fortified cereals)*

VITAMIN B12

Three of the things that Vitamin B12 does for the body are *(any three of the following:*

It helps the body make and regenerate red blood cells. It helps the body get energy from fats and carbohydrates. It adds to the health of the nervous system. It promotes growth. It lets the body absorb calcium.

Five foods that are good sources of Vitamin B12 are *(any five of the following: any meat product such as meats, poultry, seafood, eggs; any milk product; fortified cereal.*

FAT-SOLUBLE VITAMINS

Unlike water-soluble vitamins, fat-soluble vitamins are stored in **fat** tissues and in the **liver** until the body needs them. Vitamins A, D, E, and K are fat-soluble.

VITAMIN A

Three of the things that Vitamin A does for the body are *(any three of the following:*

It promotes cell growth. It boosts the immune system. It keeps skin clear and smooth. It helps mucus membranes stay healthy. It aids in bone and tooth formation. It is also good for the eyes and contributes to good vision.)

There are two types of Vitamin A: **retinoids** and **beta-carotene**.

Three foods that are good sources of retinoids are **liver, fish, eggs**.

Three foods that are good sources of beta-carotene are *(any three of the following: deep green, orange or yellow vegetables such as spinach, broccoli, carrots, sweet potatoes, pumpkins; fruits such as apricots and cantaloupe; fortified milk, cereal, or juice.)*

VITAMIN D

Vitamin D is unusual because **the body can make some Vitamin D from exposure to sunlight**.

Three of the things that Vitamin D does for the body are *(any three of the following: It helps build strong bones and teeth in children. It helps adults keep strong bones. It helps the body absorb some minerals, especially calcium. It contributes to the health of the nervous system and heart.)*

Five foods that are good sources of Vitamin D are *(any five of the following: fortified milk, margarine, oily fish (such as tuna or sardines), eggs, fortified cereals).*

VITAMIN E

Three of the things that Vitamin E does for the body are:

It protects the health of every cell. It supplies the blood with oxygen. It helps prevent blood clots.

Five foods that are good sources of Vitamin E are *(any five of the following: plant oils such as corn, sunflower, safflower, soybean; margarine, any leafy green vegetable, whole grain cereals or bread products, eggs, liver, nuts, whole milk).*

VITAMIN K

Two of the things that Vitamin K does for the body are:

It contributes to the health of the body's blood. It helps makes some of the proteins needed for clotting blood.

Five foods that are good sources of Vitamin K are *(any five of the following: Green leafy vegetables such as spinach, cabbage; green beans, broccoli, peas.)*

MINERALS

Anna and Bill learned that like vitamins, minerals are nutrients needed by the body. They keep the body functioning. The body uses minerals to regulate body processes and give the body structure. Information about the minerals calcium, iron, and sodium must be included on **food labels**.

CALCIUM

Three of the things that calcium does for the body are *(any three of the following:*

It builds bones and teeth. It helps blood clot. It allows the heart to beat regularly. It is used by muscles and nerves. It helps the body maintain healthy cell membranes. It regulates the use of other minerals in the body.)

Five foods that are good sources of calcium are *(any five of the following: milk or milk products, tofu, green vegetables, some fish and shellfish, fortified grain products and juices.)*

IRON

Three of the things that iron does for the body are *(any three of the following:*

It helps red blood cells carry oxygen. It helps the body make new cells. It helps the body resist infection. It prevents anemia.)

Five foods that are good sources of iron are *(any five of the following: Any food from the **meat group**; leafy green **vegetables** like **spinach**, **dried fruits**, **whole-grain bread products**, **fortified cereals** and **enriched breads**.)*

SODIUM

Sodium is different from other minerals because people tend to get **too much sodium** in their diets. **Fresh** foods are better to eat than **processed** foods because they have less sodium.

Anna and Bill are glad that Kay wants to eat lunch at school because it provides a variety of foods that help children eat enough vitamins and minerals each day.

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