

# Fruit and Vegetable, Vitamins and Minerals

## Summary

A comprehensive lesson on the study of Vitamins and Minerals, their functions in the body, how fruits and vegetables are a good food source, the deficiencies in the body that may occur due to a lack of and some of the characteristics relating to them.

## Main Core Tie

Food And Nutrition

[Strand 5 Standard 1](#)

## Additional Core Ties

Food And Nutrition

[Strand 5 Standard 2](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Individual

## Materials

Optional Videos:

Vitamin Basics, #18295, 22 minutes, Learning Seed, \$89.

Minerals You Eat: From Calcium to Zinc, #20797, 22 minutes, Learning Seed, \$89.

Handouts:

Vitamin Study Sheet and Vitamin Basics

Mineral Study Sheet and Mineral Search

Basic Nutrients

Vitamin and Mineral Crossword Puzzle

## Background for Teachers

The teacher needs to have a good understanding and knowledge of vitamins and minerals, their function in the body, food sources and deficiencies in the body.

## Student Prior Knowledge

The student needs to understand the importance of vitamins and minerals in the body, their role or function in the body, food sources and deficiencies.

## Intended Learning Outcomes

The student will understand the importance of vitamins and minerals in the body, their role and function in the body, food sources and deficiencies associated to a lack or excess of a particular vitamin or mineral.

## Instructional Procedures

Introduction: Show video's or part of a video or other resource on information relating to vitamins and minerals.

Lecture: Talk about vitamins and minerals. Hand out the Vitamin Study Sheet and Vitamin Basics, Mineral Study Sheet and Mineral Search and they can refer to "The Basic Nutrients" as a resource if it was handed out earlier in course or at this time. Together as a class, read and go over the information so the students can fill in the answers and complete the chart.

Optional Review Activity: Vitamin and Mineral Crossword Puzzle to be worked on together in unit and completed at the end of class or following class period.

Authors

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