

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 I

[Strand 5 Standard 1](#)

Additional Core Ties

Food And Nutrition I

[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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