



A for Vitamin A

Lesson

Goals

Students will learn about Vitamin A, what it does for the body and how to eat more.

Objectives

Students will draw where and how Vitamin A helps the body.

Standards

Comprehensive Health: Physical & Personal Wellness

- GR.1-S.2-GLE.1
- GR.4-S.2-GLE.1
- GR.5-S.2-GLE.1
- GR.6-S.2-GLE.4

Science: Life Science

- GR.5-S.2-GLE.1

Did you know?

The Vitamin A in fruits in vegetables is in the form of carotenoids, which is a phytochemical.

Total Time – 60 minutes

Materials

- Copies of body template (end of lesson)
- Markers, colored pencils, crayons
- Glue
- Seed catalogues (optional)

Method

Introduction (10 minutes)

1. Discuss with the class how vitamins work in our bodies to keep us healthy. They lend a helping hand with food digestion, wound healing, blood clotting, good eyesight and much more. There are 14 vitamins that are essential for good health. We can get them all by eating a variety of food. Plants can make their own vitamins, but animals must get their vitamins from their diet. One major source is from eating plants. Vitamins do not give us energy. They help our bodies function properly.
2. Today, we are going to focus on Vitamin A. Vitamin A deficiency is one of the most common nutritional problems in the world. Vitamin A deficiency exists when there are continually insufficient amounts of Vitamin A. This can permanently blind children, cause night blindness in adults, and weaken the immune system. A study of mice now hints that a lack of Vitamin A causes learning and memory problems. Vitamin A is stored in the liver and is essential for growth and repair of body tissues.

Activity (30 minutes)

1. Foods that are high in Vitamin A tend to be orange, yellow or dark green in color.

2. Have the class come up with a list of ideas for foods that are high in Vitamin A. The best examples are: sweet potatoes, winter squash, carrots, pumpkin, oranges, apricots, peaches, cantaloupe, mangoes, apples, broccoli, spinach, kale and collard greens.
3. Give each student a copy of the body template. Have them give their body a face.
4. Display or hand out the list of how Vitamin A helps us. Have the class fill in the body template with arrows to each part Vitamin A helps and what it does.
5. Have the class draw or cut and paste images (from seed catalogues) foods that are high in Vitamin A.
6. Have a few students show and discuss their pictures.

Snack & Conclusion (10 minutes)

1. Wrap up the lesson by having the class paste their pictures in their journals. Then have each student write one method they are going to increase the amount of Vitamin A in their diet.
2. Have the mango salsa snack below or another snack that is high in Vitamin A. Discuss why it is high in Vitamin A and any other reason the snack is healthy (fiber, phytochemicals, low-sugar, etc.).

Assessment Tools

- Body templates
- Participation
- Journals

Possible Modifications and Extensions

- This can easily be done for Vitamin C or other important nutrients.

Mango Salsa

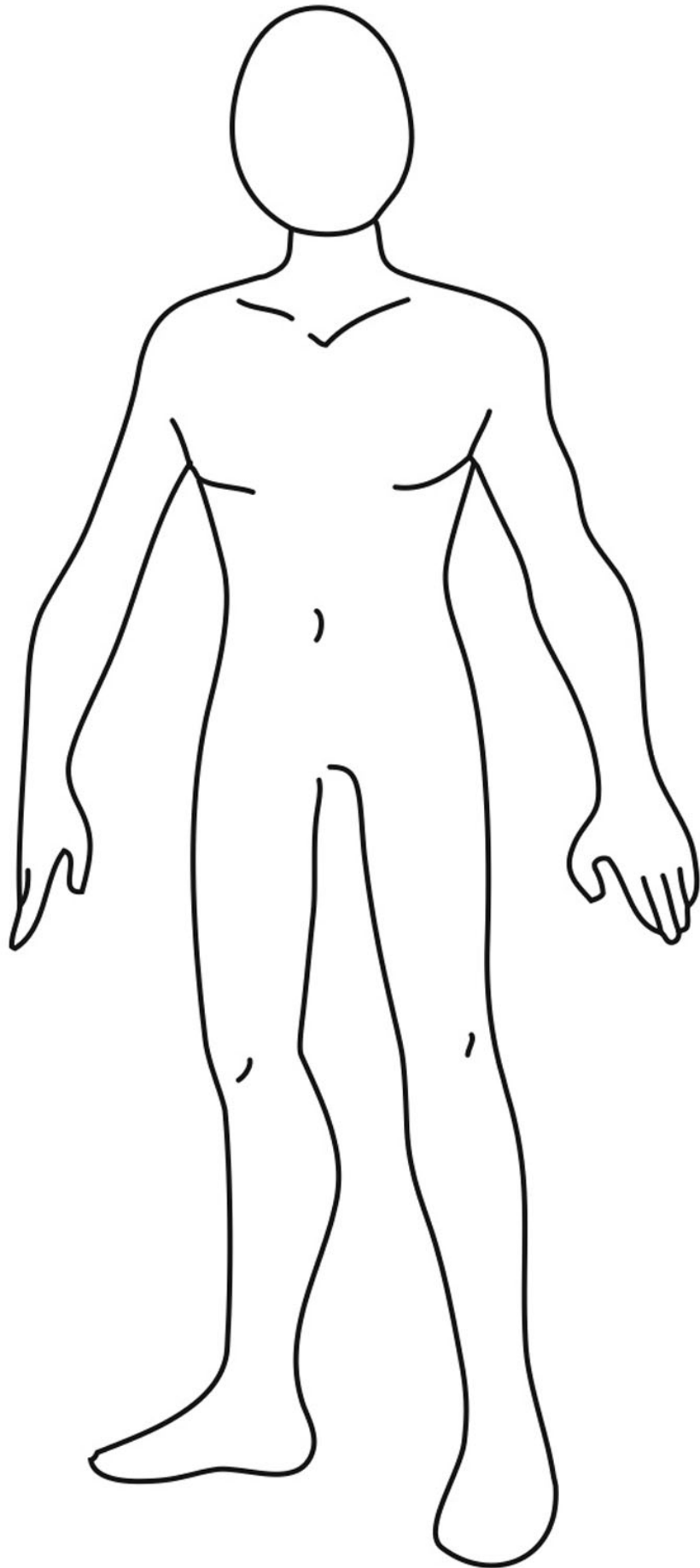
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|-----------------------------|----------------------------|
| • 1 lb mango, diced | • 2 roma tomatoes, diced |
| • ½ red onion, diced | • 1 Tbsp olive oil |
| • 1 red bell pepper, diced | • 1 tsp cayenne pepper |
| • 1 lime, juiced | • Salt and pepper to taste |
| • 1 cup spinach, chiffonade | • Tortilla chips |

Preparation (15 minutes): Combine all ingredients in a bowl. Let sit for ten minutes. Serve with tortilla chips.

Source

Recipe courtesy of Corey Ferguson

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Vitamin A...

- Reduces our risk of cancers
- Is good for our immune systems (preventing us from getting sick)
- Is good for our eyes
- Helps with the growth and repair of bones
- Helps with the proper function of our digestive (stomach & intestines), urinary (bladder) and respiratory (lungs) systems
- Is good for our skin