



THIRD GRADE LESSON: Vitamins and Minerals SC STANDARD: 3.G.1



It's your world.

VITAMINS AND MINERALS

OBJECTIVES:

- Understand what vitamins and minerals are and how they contribute to your health
- Discover what kinds of vitamins and minerals are most common in the food we eat
- Locate vitamins and minerals on the food label

LET'S GET STARTED:

- Define what vitamins and minerals are and how they contribute to one's health
- Talk about the different types of vitamins and minerals and which ones are most common in the foods we eat
- Locate vitamins and minerals on the food label

ACTIVITY:

- Students will read descriptions of certain shapes that represent specific vitamins and minerals and they will have to match the description with the actual shape on the other side of the page

WRAPPING UP:

- Review what vitamins and minerals are and how to find them on the food label
- Hand out Boss' Backpack Bulletin with reminders on this lesson as well as the weekly goal

SC STANDARDS:

- 3.G.1 Understand that shapes in different categories (e.g., rhombus, rectangle, square, and other 4-sided shapes) may share attributes (e.g., 4-sided figures) and the shared attributes can define a larger category (e.g., quadrilateral).

MATERIALS:

- Food Label sheet
- Helping Boss Match the Shapes worksheet
- Boss Backpack Bulletin
- Pencils

LET'S GET STARTED!

- Today we going to talk about vitamins and minerals!
- Start by defining what vitamins and minerals are and how they contribute to your health
- Then, discuss seven of the main vitamins and minerals (iron, potassium, calcium, vitamin A, vitamin B, vitamin C, and vitamin D) and what each individually does for your body and health

DIALOGUE BOX

- Vitamins and minerals are very important parts of most foods that help your body work the way it is supposed to. Although you eat vitamins and minerals every day in some of the food you eat, some foods, like fruits and vegetables, have more vitamins and minerals than others, like chips and cookies.
- Vitamins are substances that are made straight from plants or animals, and minerals are substances that come from the soil and water in the ground and have been absorbed by plants or eaten by animals.
- We are going to discuss seven important vitamins and minerals in today's lesson: vitamin A, vitamin B, vitamin C, vitamin D, iron, potassium, and calcium.
- Vitamin A is an important vitamin for vision! It comes in many foods like sweet potatoes, carrots, dark green vegetables, squash, and even tuna!
- Vitamin B helps with taking the energy you get from carbs, fats, and proteins and releasing it from the body so that you feel less tired during the day! This vitamin can be found in foods like fish, bran cereal, low-fat dairy products, cheese, and eggs!
- Vitamin C is a well-known vitamin that you may have heard of before. This vitamin helps your immune system, assists with healing wounds, and prevents damage to your cells. It can also be found in many foods, such as peppers, dark green vegetables, kiwi, berries, tomatoes, and citrus fruits.
- Vitamin D is very important when it comes to bone development, the immune system. It also helps your body better absorb a mineral called "calcium!" Vitamin D can be found in fish, mushrooms, dairy products, eggs, and pork.
- Iron helps your body get all the oxygen it needs to stay healthy and prevent you from getting certain diseases! Chick peas, bran cereal, beans, pumpkin seeds, and spinach have a lot of iron in them!
- Potassium is great for helping your muscles and nervous system function properly, and also helps monitor the fluids in your body! Some foods that are high in potassium are potatoes, kidney beans, bananas, avocados, milk, and dried fruit.
- Calcium is the third mineral we are going to talk about in this lesson, and calcium is another mineral you have probably heard of before! Calcium is great for building strong teeth and bones! Foods that have this mineral are low-fat cheese and yogurt, okra, broccoli, fish, and canned fish!
- All of these vitamins and minerals help your body and health in different ways and offer many different benefits; so when you get all of the vitamins and minerals you need from eating different kinds of foods, you are also getting all these benefits!

- Explain where and how to find vitamins and minerals on the food label using the Food Label handout

DIALOGUE BOX

- Most vitamins and minerals can be found at the bottom of the food label, which is circled in red on the food label picture.
- The numbers to the right of these are going to be a little different than what we have seen before. These numbers are percentages and tell you how much of each vitamin and mineral is in that food! For example, iron has 2% beside it, meaning this food has only 2% of the iron you should eat every day! So, you would still need to get 98% more iron from the other foods you eat during the day.

ACTIVITY

- The activity for this lesson is going to test how well students can recognize shapes when given a description of that shape
- Each vitamin and mineral discussed during the lesson has a description of a certain shape written underneath it
- Students will have to match the description to a shape on the right side of the page that will represent that vitamin or mineral

DIALOGUE BOX

- The activity for today is going to be a matching game using shapes! For each of the vitamins and minerals we talked about (vitamin A, vitamin B, vitamin C, vitamin D, iron, calcium, and potassium) there will be a shape that goes with it!
- You will have to find the shape that goes with that vitamin or mineral by reading the description that is written underneath!
- When you think you have identified the shape correctly, draw a line between the vitamin or mineral on the left side of the sheet to the shape on the right side!

VITAMIN DEFICIENCY

Sometimes people have something called a “vitamin deficiency” which means they cannot get enough of certain vitamins to stay as healthy as they would like to! This can be improved by the food you eat or something called “vitamin supplements,” which are little capsules that are filled with that specific vitamin that you can take to keep your body as healthy as possible!

BOSS' FUN FACTS

If you are trying to get as many vitamins and minerals into your meals during the day, eating a sweet potato is one of the best foods you can eat! It has over 15 vitamins and minerals, and there are tons of ways they can be prepared and enjoyed during meals!

WRAPPING UP

- Review the seven different vitamins and minerals that were discussed in today's lesson
- Remind the students that there are many other vitamins and minerals that exist and come in your food, but the seven that they learned about today are some of the main ones
- Pass out Boss' Backpack Bulletin with this week's goal on vitamins and minerals

DIALOGUE BOX

- This week, Boss' Backpack Bulletin is going to have the seven types of vitamins and minerals listed in separate squares. When you sit down to eat your meals or snacks this week, look at the food and figure out what vitamins and/or minerals, and write down what the food was under the vitamin or mineral on the bulletin!

ADDITIONAL ACTIVITY

If there is extra time during the lesson, have students go through their worksheet, Helping Boss Match the Shapes!, and help them write down a few examples of foods that have those certain vitamins and minerals

Examples can be found in the lesson under the Let's Get Started section

You can even ask the students if they remember what some of the foods were to test their knowledge



FOOD LABEL

Nutrition Facts

Serving Size 2 Crackers (14g)

Serving Per Container 21

Amount Per Serving

Calories 60

Calories from Fat 15

% Daily Values*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 10g **3%**

Dietary Fiber less than 1g **3%**

Sugars 0g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

VITAMINS AND MINERALS

HELP BOSS MATCH THE SHAPES

For each of the vitamins and minerals, draw a line between the descriptions of a certain shape and the shape it goes with!

Help Boss match the description with the shape so he knows how to identify the different vitamins and minerals!



VITAMINS AND MINERALS

VITAMIN A

This vitamin has four sides and four right angles, but not all of the sides are equal length.

IRON

This mineral is a perfectly round shape.

CALCIUM

This vitamin has four sides, four right angles, and all of the sides are equal to one another.

VITAMIN B

This vitamin has six sides that are all equal to one another.

VITAMIN C

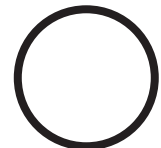
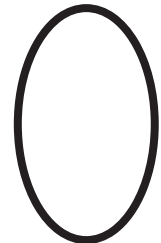
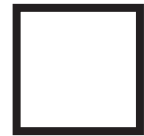
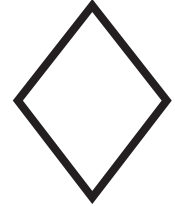
This vitamin has three sides.

POTASSIUM

This mineral is round, but is not perfectly round.

VITAMIN D

This vitamin has four sides that are equal, and it forms two small angles and two large angles.



BOSS' BACKPACK BULLETIN

This week, look for foods that have some vitamins and minerals that we talked about today on their food label! When you find a certain vitamin and/or mineral in something you eat, write down what that food was in the vitamins and minerals box that it goes with!

For example, a banana has potassium, which is one of the minerals we talked about today, so in the potassium box, write down the word "banana."

