

Teacher's Note

Answers:

- Vitamin C helps the body fight cold or flu germs. It is also good for healthy blood vessels, bones, gums, skin, muscles and helps to heal wounds. As early as 1720 it was discovered that eating citrus fruits and vegetables cured scurvy. Ref: James Lind physician in the British navy. Captain James Cook.

Suggested Activities:

- ❖ Discuss the importance of healthy eating habits.
- ❖ Display a food chart indicating the types of foods that are healthy and nutritious.
- ❖ Research how scurvy was treated and read a story to them regarding this matter then test the students by asking them questions to see how much they understood and retained.
- ❖ Visit: <http://www.ed.uce.ac.uk/crypt/>
- ❖ Visit: <http://www.beritsbest.com/>

Learning Area: H&PE **Strands:** CHL, SMS. **Overarching:** 1,2,3,5,6,7,8,9,10,11,12,13.

Linking Subjects: Eng, Sci & Arts.