

Teacher's Note

- *Check student's drawings and answers for accuracy. Below are some vitamin and mineral facts.*

Spinach:

Provide vitamins C, E and K and mineral iron.

Bananas:

They are rich in carbohydrates and are a source of vitamins A and C and the minerals potassium and phosphorus.

Potatoes:

Contain plentiful carbohydrates and some protein, calcium, and niacin. They also contain a considerable amount of vitamin C.

Oranges:

They are rich in vitamin C and contain vitamin A and the mineral potassium with other trace elements.

Avocados:

Have no cholesterol and contains vitamin A, B1, B2, B3, C, and provide calcium, iron, protein, carbohydrates, energy, sodium & potassium.

Note: All raw fruit and vegetables contain enzymes that help break down the food for the body to use and also contain trace elements.

Suggested Activities:

- ❖ Make or obtain a health chart with more fruit and vegetables including a list of vitamins and minerals.
- ❖ Have small groups of students draw a menu on a large poster which includes breakfast, lunch, dinner and morning and afternoon snacks that are healthy and nutritious.
- ❖ Have a discussion on the importance of healthy eating habits. Your school dentist often has information available regarding healthy eating habits and why bad eating habits causes decay.
- ❖ Visit: <http://www.ed.uce.ac.uk/crypt/>
- ❖ Visit: <http://www.ada.org/consumer/kids/y-movies.html>

Your library may have books, charts, posters, videos or tapes on this subject.

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

Linking Learning Areas: Arts & Eng.