



**1ST GRADE**  
**LESSON: Vitamins and Minerals**  
**SC STANDARD: 1.ATO.7**



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

### STORY:

- Read the story about Boss and his buddies learning about vitamins and minerals while at their smoothie breakfast party

### WRAPPING UP:

- Review what vitamins and minerals are and how to find them on the food label

### SC STANDARDS:

- 1.ATO.7 Understand the meaning of the equal sign as a relationship between two quantities (sameness)

### MATERIALS:

- Food Label sheet

## 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.

### STORY

- Read the story about Boss and his buddies learning about vitamins and minerals at their smoothie breakfast party
- Students will write an equal sign between the two foods on the work sheet if they are equal or the same
- Help students understand what “sameness” means and how it relates to “equal”

### 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

### VITAMINS AND MINERALS

### 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!

## 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

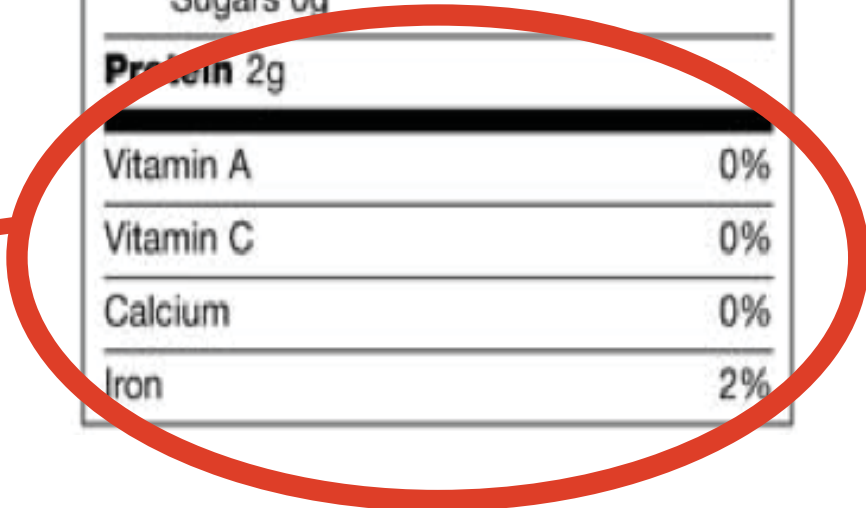
**Protein** 2g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **2%**



## SMOOTHIE BREAKFAST PARTY

Sometimes during the school year, Boss and his buddies get together during the weekend to make breakfast! They make something different every time they meet, and sometimes have themes. Last week, they had a pancake party where they made so many kinds of pancakes with all sorts of fruit to put on top! This week they are having a smoothie breakfast party! Boss had never tried a smoothie before, so he was very excited to be going to his friend Jake's house for breakfast this time! When he got to his friend's house, there were all sorts of fruits sitting out! There was even some vegetables out too! They all got ready to make their smoothies when Boss asked, "How do you make a smoothie using vegetables? I thought smoothies were just made with fruits?" Boss friend Jake turned around and said, "Oh no Boss! Smoothies can have all sorts of fruits and vegetables in them! While most smoothies do use mainly fruits, like bananas, strawberries, mango, and blueberries, some also have vegetables in them, like spinach, cucumber, and celery!" As Boss listened to his friend, he could not help but to think what a smoothie with vegetables in it would taste like. Boss asked, "When you use vegetables in your smoothie, can you taste them? And does it make your smoothie healthier by adding the vegetables?" Jake replied, "When you add something like spinach or cucumbers to your smoothie, you cannot taste them and all you can taste is the fruit you used instead! And when you add vegetables to your smoothie, it does not make your smoothie healthier, but it does add different vitamins and minerals to it that the fruit may not have!" With an interesting look on his face, Boss asked, "What are vitamins and minerals? Why are they so important?" Jake began explaining what vitamins and minerals are and said, "Vitamins and minerals are very important to your diet and mainly come from fruits and vegetables! Different fruits and vegetables have different vitamins and minerals that help your body in different ways. For example, a banana has potassium in it while oranges have vitamin C in them! The same goes for vegetables; spinach has a mineral called iron while carrots have a lot of vitamin A in them! It is important to eat all kind of fruits and vegetables because that means you are getting all the benefits from the various vitamins and minerals! If all you eat are fruits, but you don't eat a lot of vegetables, you are not getting the benefits of the vegetables! So, when you make a smoothie using both fruits and vegetables, you are adding vitamins and minerals from different types of foods, and adding more nutrients by using both fruits and vegetables!" Boss was stunned and said, "I had no idea that fruits and vegetables had such different vitamins and minerals that help your body in different ways! I would love to try some vegetables in my smoothie so that I can get all the benefits from the vegetables!" Boss and his friends went up to the table and began picking out various fruits and vegetables to put in their smoothies! Boss picked a banana, some strawberries, a few blueberries, spinach, and even some cucumber! When it was all blended together, Boss tried his smoothie and loved it! He said, "I cannot even taste the spinach or the cucumber! All I taste is the fruit that I added! I am going to start making smoothies more often!"



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# ARE THESE VITAMINS AND MINERALS EQUAL AND THE SAME?

Place an equal sign (=) between the vitamin that is the same or equal. Leave blank the ones that are not equal.

VITAMIN D

\_\_\_\_\_

VITAMIN D

POTASSIUM

\_\_\_\_\_

IRON

VITAMIN A

\_\_\_\_\_

VITAMIN A

CALCIUM

\_\_\_\_\_

VITAMIN B

VITAMIN C

\_\_\_\_\_

VITAMIN C

VITAMIN D

\_\_\_\_\_

VITAMIN D

