

Topic & Science

Activity One

You've been learning about food; where it comes from, the food groups and food around the world. Next we are going to be looking at the vitamins and minerals.

What are vitamins and minerals?

- Vitamins and minerals help the body to use other **nutrients efficiently**.
- Examples of vitamins include vitamin A (vital for **good eyesight**) and vitamin K (helps the **blood to clot**.)
- **Nutritionists** are experts in food and diet; they can use their specialist knowledge to help people consume the correct quantities of vitamins and minerals to stay healthy.

What are vitamins and minerals?

Your body needs vitamins and minerals in **small amounts**, they help use other nutrients efficiently. You can usually get enough vitamins and minerals from a balanced diet that includes plenty of fruit and vegetables.

How does the body use vitamins and minerals?

There are many different vitamins, each with its own purpose. Here are some examples:

- **Vitamin A** is vital for good eyesight. It is present in oranges, green vegetables, carrots and milk.
- **Vitamin B1** helps to release energy from carbohydrates. It is in meat, eggs and brown rice.
- **Vitamin C** helps to prevent illness and make bones. It is present in citrus fruit, green vegetables and potatoes.
- **Vitamin K** helps the blood to clot after an injury or operation. Green vegetables, tea and liver provide this nutrient.

Minerals are also vital to good health. Important minerals include:

- **Iron**, needed to transport oxygen in the blood.
- **Calcium**, for bones and teeth.
- **Zinc**, to help heal wounds.

Attached is an activity for you to complete on vitamins and minerals.



Activity Two

A template for a food diary titled "My Food Journal". It includes a header for "Name" and "Date". Below is a grid with columns for the days of the week (Monday to Sunday) and rows for the times of day (Breakfast, Lunch, Dinner, Snacks, Drinks). To the right of the grid are two apples, one green and one red.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

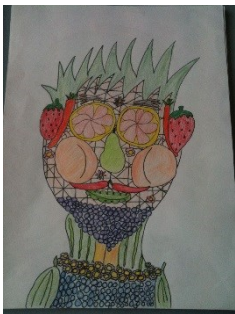
Complete a food diary for a week, listing everything you eat and drink.

What vitamins and minerals are you getting a lot of? Are there any vitamins or minerals missing from your diet? What foods could you start eating to replace the missing vitamins and minerals?

Activity Three

Guiseppe Arcimboldo was an Italian painter best known for his portrait paintings using different objects. Some of his painting used fruits and vegetables to represent faces.

Inspired by his work, can you create your own self portrait using images or drawings of fruits and vegetables.



Challenge: can you create a portrait using other food types?
E.g. cheese, pasta or bread.

