

# Day 1: Name Fruits + Vegetables

## How many fruits and vegetables can you name?

Discover new varieties by naming a fruit or vegetable that begins with each letter of the alphabet. Search for "fruit that begins with the letter A" or "vegetable that begins with the letter B." Fill out the chart below.

A \_\_\_\_\_

N \_\_\_\_\_

B \_\_\_\_\_

O \_\_\_\_\_

C \_\_\_\_\_

P \_\_\_\_\_

D \_\_\_\_\_

Q \_\_\_\_\_

E \_\_\_\_\_

R \_\_\_\_\_

F \_\_\_\_\_

S \_\_\_\_\_

G \_\_\_\_\_

T \_\_\_\_\_

H \_\_\_\_\_

U \_\_\_\_\_

I \_\_\_\_\_

V \_\_\_\_\_

J \_\_\_\_\_

W \_\_\_\_\_

K \_\_\_\_\_

X \_\_\_\_\_

L \_\_\_\_\_

Y \_\_\_\_\_

M \_\_\_\_\_

Z \_\_\_\_\_

# Day 2: Vitamin SoluBility

This short reading and question/answer activity.

## Did you know?

That not all vitamins we eat travel through our body in the same way? Vitamins that we get from foods are absorbed into our body and sent to different areas of our body where they are needed or stored for a later use.

How your body uses and stores them is called solubility of vitamins. Solubility is the ability of a substance to dissolve into another e.g., when salt dissolves into water.

Water soluble vitamins are found in the watery parts of foods and move directly into the blood after they are absorbed by the body. These vitamins cannot be stored, so extra amounts will not be used.

The water-soluble vitamins are:

### **B Vitamins**

Thiamin, Riboflavin, Niacin, Biotin, B6 and Folate

### **Vitamin C**

Fat soluble vitamins are found in fats and oils and are stored in the fatty tissues of the body once absorbed.

### **Fat soluble vitamins**

Vitamin A

Vitamin D

Vitamin E

Vitamin K

## Test Your Knowledge!

What is solubility?

What are the water-soluble vitamins?

What are the fat-soluble vitamins?

What kind of vitamins can be stored in your body in higher amounts? Water or fat-soluble?

## Solubility fun at home!

Use a glass of warm water to test the solubility of some things in your kitchen! You can use things like salt, sugar, spices, oils or butter.

# Day 3: Summary of Vitamins

<b>Vitamin</b>	<b>What does it do?</b>	<b>Where to find it?</b>
Vitamin A	Keeps our eyes, skin teeth, and bones healthy. Helps us to see color from yellow to purple. Helps immune system to fight diseases.	Yellow and Orange foods like carrots, sweet potatoes, cantaloupe Dark green leafy vegetables like spinach, kale, and collards.
Vitamin B	Helps to convert food into energy that our body can use specially while exercising and running!	Whole grains such as wheat and oats. Poultry, meats, eggs, beans and peas.
Vitamin C	Helps in keeping gums, bones, and blood vessels healthy. Helps in healing wounds.	Citrus fruits like orange and lemon, tomatoes, sweet red peppers.
Vitamin D	Most important for keeping our bones and teeth healthy.	Dairy, milk with vitamin D, egg yolks, and sun.
Vitamin E	Keeps our heart healthy and arteries clean and protects your cells and tissues from damage.	Nuts, avocado, pumpkin, egg yolk, vegetable oils such as olive oil, sunflower seed oil.
Vitamin K	Helps in stopping blood when we get a cut.	Green leafy vegetables such as spinach and kale. Broccoli, soyabean oil