



**LIFE**  
EDUCATION

Learning with Harold

# THINKING, PARTICIPATING & CONTRIBUTING



## VITAL VITAMINS

Where these body builders come from,  
and what they do

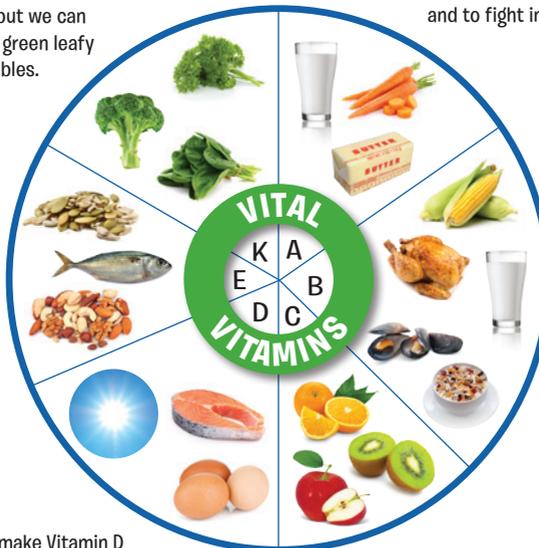
Our bodies need vitamins to live and grow. They help us to build our muscles and bones, to capture and use energy, and to heal cuts and bruises. Plants produce all their own vitamins, but our bodies don't make many of the ones we need - check out the diagram below to see some foods that we get our vital vitamins from, and what they do for us.

Vitamin K helps our blood to clot. We make it in our bodies, but we can also find it in green leafy vegetables.

Vitamin A helps us to see well. We also need it to grow and to fight infections.

Vitamin E is good for all-around health. It may also protect us from some diseases.

There are a whole heap of B Vitamins, used by every cell in our body to turn nutrients from food into energy.



Our bodies make Vitamin D from sunlight, but we can get some from fish and eggs. We need it for our bones.

Vitamin C helps us to heal and to grow well. It also helps us to absorb iron from the foods we eat.

## EXPLORE, CONNECT & REVEAL!



Our bodies store some vitamins, so we need to be careful we don't take in too much of them. Other vitamins are easily transported around the body, and we excrete any extra - so we need to top up with these vitamins most days. It's all about getting the balance right - not too little, and not too much.

Claire and Paora are part of a group of students who are going to sail around the Bay of Islands. They have been given the job of planning the food they need to take. The trip's going to take ten days.



To be sure we get enough vitamins, we should load up on vitamin pills and fruit and vege juices.



No, we'll get all the vitamins we need from a balanced diet including fresh fruit and veges.

1. Work with a partner. Imagine one of you is Claire and one of you is Paora. Explain why your approach is the right one and the other person's won't work.
2. Research the food that sailors ate on long sea journeys 300 years ago.
  - What were some of the diseases sailors suffered from?
  - What caused these diseases?
  - What did people do to avoid them?
3. Find out what people need to eat to have a good balance in their diet. If possible, invite an expert on diet to talk to the class. Then plan the menu for two days on the Bay of Islands trip. Present your results in a report, poster, Powerpoint presentation, or video. Make sure you include the reasons for your choices.

