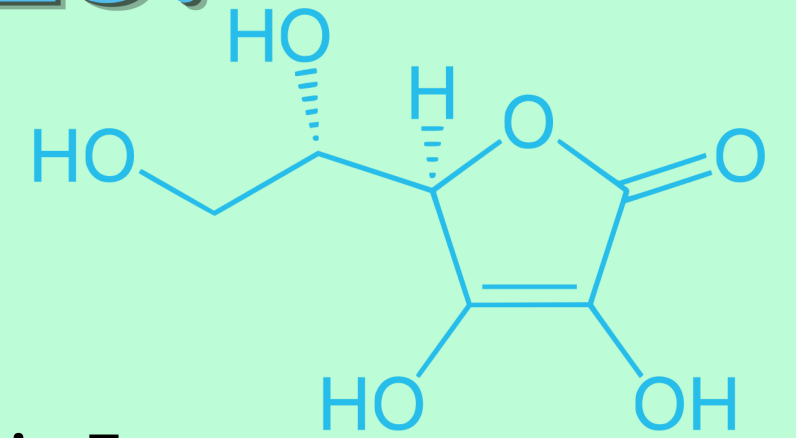


Values in Practice

WHAT ARE VITAMINS AND MINERALS?

Vitamins and minerals are things that our body needs to run at its best! Our bodies can't make vitamins and minerals themselves so we need to get them from the food we eat. Some great sources of vitamins are:



Vitamin A

Eggs, milk, carrots, sweet potatoes, and cantaloupe

Vitamin C

Oranges, strawberries, tomatoes, kiwi, broccoli, and red and green bell peppers

Vitamin E

Avocados, nuts, seeds, whole-grain foods, and spinach and other dark leafy greens

DISCOVERY

Vitamins are either fat-soluble (A, D, E, K) or water-soluble (C, B6, B12, folate).

What does soluble mean?

Soluble means that a substance is able to dissolve (disappear) when mixed in water. Test out sugar, salt, pepper and flour to see if they disappear in water or not! Pour one spoonful of each material into separate glasses of water. Record what is soluble and what isn't on a piece of paper.

TEAMWORK

Work together with your team to see who can find the juice/food with the highest vitamin C. Refer to the How to Read a Nutrition Label Science of Consumption Instagram post @FIRSTRoboticsCanada

INCLUSION:

Everyone deserves to get all the vitamins they need to do their best. Encourage your family and team to donate to a local food bank so everyone can get the vitamins they need.

INNOVATION

How can you keep track of how much vitamins you get in a day? Make a fun challenge to see if you can eat the recommended servings of fruits and vegetables (5). ex: rainbow challenge eat one red, one orange, one yellow, one green, and one blue/purple fruit or vegetable.

FUN!

Categorize! Put the names of various vitamins and minerals into the correct category. Are they vitamins, or are they minerals?

Word bank: sodium, Vitamin B, folate, zinc, acetic acid, Vitamin K

VITAMINS:

MINERALS:

IMPACT

The word vitamin comes from "Vita" meaning life, and "amine" referring to a nitrogenous substance essential for life

DID YOU KNOW? Companies add the mineral iodine to salt to prevent a disease called goiter.