

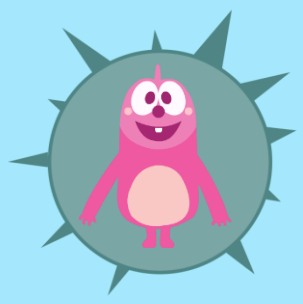


The Vitamin Alphabet



G3-U7-L7

Learn



vitamin



blindness



energy

Tips: 1. Have students learn and read the words after the teacher at least twice. 2. Explain these words by using simple sentences. 3. Correct the mistakes. 4. Pick up several words to ask the students to make sentences. (1-2 min)

Learn

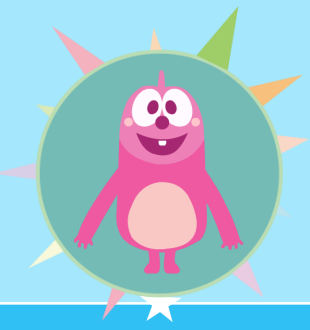


metabolism

n. all the chemical processes in your body, especially those that cause food to be used for energy and growth.

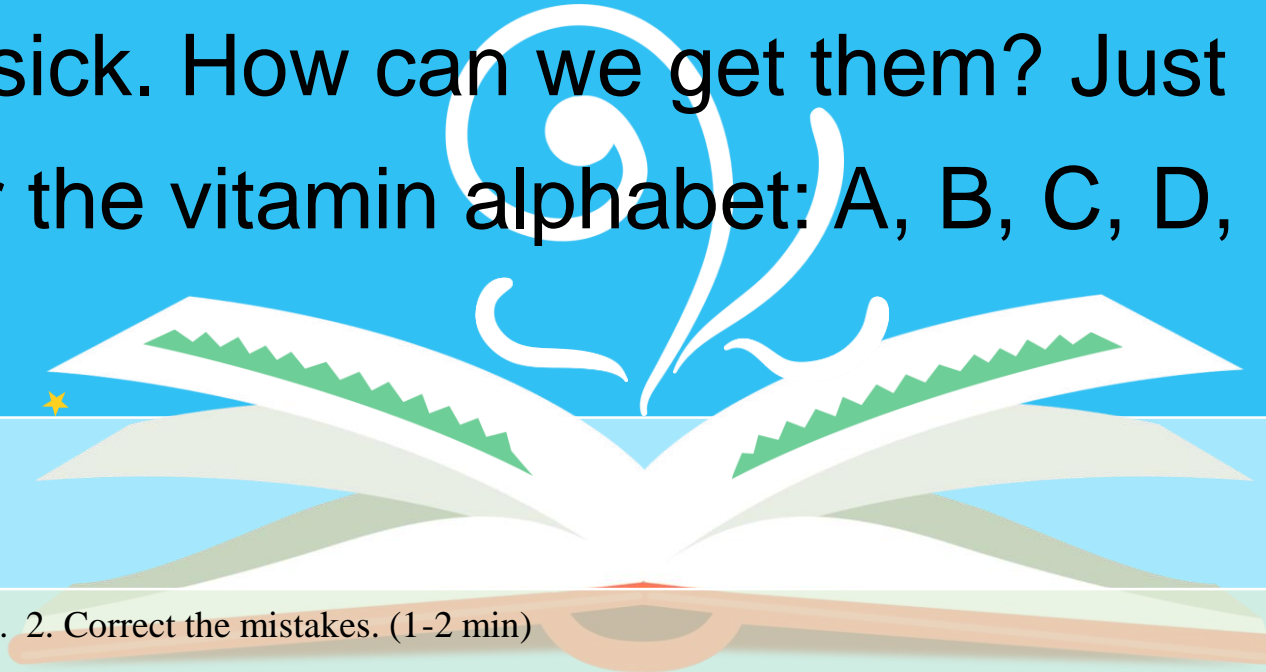
nutrient

n. any substance that plants or animals need in order to live and grow.



The Vitamin Alphabet

★ Vitamins are essential for our metabolism to work normally. If we do not take enough vitamins, we could get sick. How can we get them? Just remember the vitamin alphabet: A, B, C, D, E.



Vitamin A

Vitamin A promotes healthy vision, prevents night blindness and other eye conditions. Vitamin A can help fight wrinkles and tighten your skin.

Where can we get it?

Vitamin A is in carrots, milk, mangoes, eggs, ripe yellow fruits, leafy vegetables and tomato-vegetable juice.



Vitamin B

There are many different kinds of Vitamin B: Vitamin B1, B2, B6, B9 and B12. Not all types of vitamin B do the same thing. Some give us energy. Others help us create blood.

Where can we get it?

Vitamin B is in fish, bananas, rice, chicken, bread, cheese, pasta, green vegetables and eggs.



Vitamin C

Vitamin C is a vital nutrient for our body. It helps form and maintain bones, skin, and blood vessels. It is good for our bones, teeth, and even our brains.

Where can we get it?

We get Vitamin C from oranges, sweet red peppers, potatoes, citrus fruit.



Vitamin D

Vitamin D helps bones and muscles grow strong and healthy. Low levels of vitamin D can lead to diseases such as rickets, mainly found in children.

Where can we get it?

We get Vitamin D from fish, eggs, liver, milk—and from the sun, too!



Vitamin E

Vitamin E supports a healthy immune system and blood vessel function. It keeps our blood healthy.

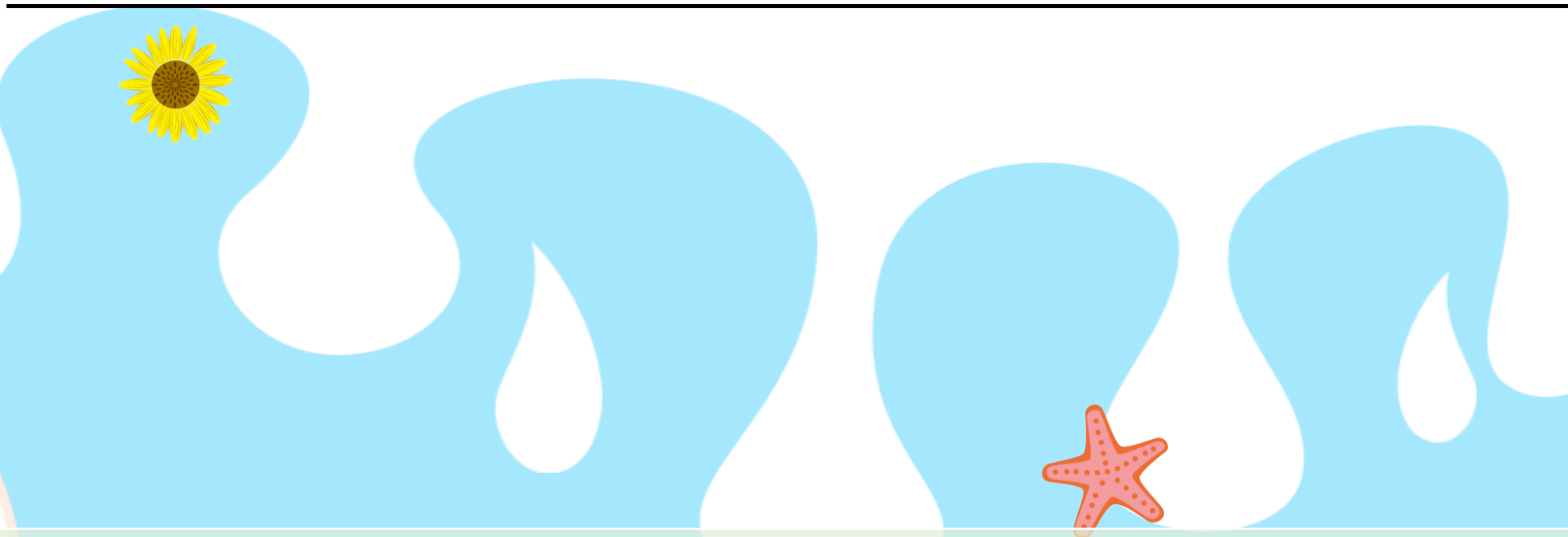
Where can we get it?

Vitamin E is in wheat germ oil, leafy green vegetables, and nuts.



Answer the question.

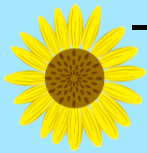
1. Which vitamins help our bones?



Tips: 1. Ask the students to answer the question on the basis of the article. 2. Correct the mistakes. (1-2 min)

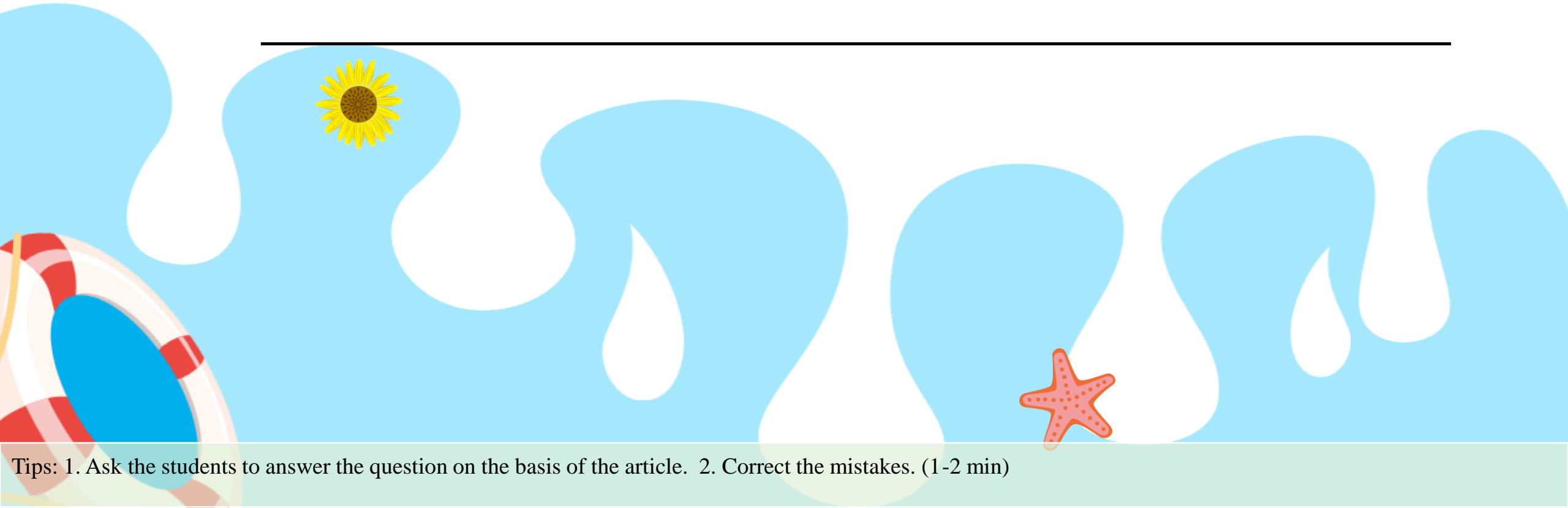
Answer the question.

2. How many different kinds of Vitamin B are in the article?



Answer the question.

3. Which vitamin do we get from the sun?



Tips: 1. Ask the students to answer the question on the basis of the article. 2. Correct the mistakes. (1-2 min)

Practice



Click T for true and F for false.

1. We get Vitamin D from mangoes.

☐ T ☐ F

2. We get Vitamin B from cheese.

☐ T ☐ F

Practice



Click T for true and F for false.

3. We get Vitamin C from sun.

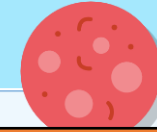
☐ T ☐ F

4. We get Vitamin D from milk.

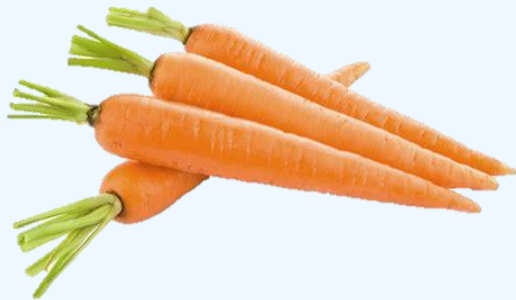
☐ T ☐ F

Practice

Read and write A, B, C, D, or E.



	Where Do We Get the Vitamins in Food?
Vitamin A	carrots, mangoes, milk, eggs
Vitamin B	bread, potatoes, cheese, eggs, green vegetables
Vitamin C	potatoes, oranges, tomatoes, peppers
Vitamin D	milk, the sun, eggs, fish
Vitamin E	nuts, green vegetables



1. Vitamin ____

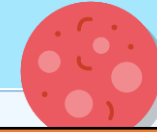


2. Vitamin ____, ____, and ____



Practice

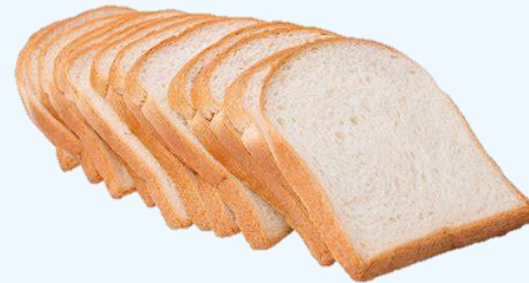
Read and write A, B, C, D, or E.



	Where Do We Get the Vitamins in Food?
Vitamin A	carrots, mangoes, milk, eggs
Vitamin B	bread, potatoes, cheese, eggs, green vegetables
Vitamin C	potatoes, oranges, tomatoes, peppers
Vitamin D	milk, the sun, eggs, fish
Vitamin E	nuts, green vegetables



3. Vitamin ____

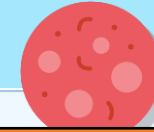


4. Vitamin ____



Practice

Read and write A, B, C, D, or E.



	Where Do We Get the Vitamins in Food?
Vitamin A	carrots, mangoes, milk, eggs
Vitamin B	bread, potatoes, cheese, eggs, green vegetables
Vitamin C	potatoes, oranges, tomatoes, peppers
Vitamin D	milk, the sun, eggs, fish
Vitamin E	nuts, green vegetables



5. Vitamin ____



6. Vitamin ____ and ____

Practice

Read and write about yourself.

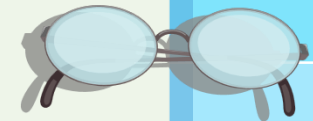
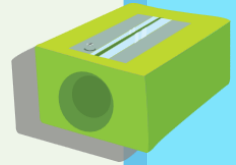
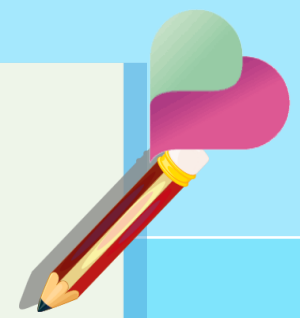
1. I get Vitamin A from _____.

2. I get Vitamin B from _____.

3. I get Vitamin C from _____.

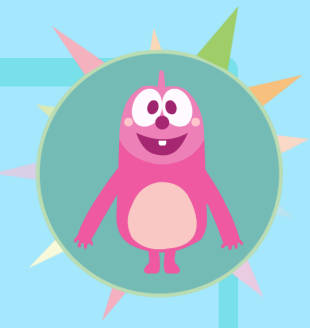
4. I get Vitamin D from _____.

5. I get Vitamin E from _____.



Practice

Let's talk.



Do you like eating vegetables? Why or why not?



Tips: 1. Ask some more questions further. 2. Guide the students to show their own thoughts. The teacher should tell the students to eat more vegetables to keep healthy. 3. Correct the mistakes on grammar and pronunciation. (1-2 min)



Conclusion

1. We have learned the key words:

vitamin, blindness,
metabolism, energy, nutrient,





Conclusion

2. We have learned the key sentences:

Vitamin A promotes healthy vision, prevents night blindness and other eye conditions.

There are many different kinds of Vitamin B.

Vitamin C is a vital nutrient for our body.

Vitamin D helps bones and muscles grow strong and healthy.

It keeps our blood healthy.



