

VITAMIN ABC

Theme: Me and My Choices

Overview: In this series of activities, students will learn what vitamins are and how the vitamins in food have important jobs to help us learn and grow. They will act out the jobs vitamins do, match vitamin letters to their jobs, and play a game of vitamin bingo.

Vocabulary:

- Energy: What we need to move, work and play. Some activities require more energy than others.

Activity 1: V is for Vitamin

Type of Activity: Energy to Read, Energy to Perform, Energy to Move

Domain: Cognitive, Language, Physical

Students will:

- Describe what they know about vitamins.
- Act out the jobs that different vitamins perform.

Materials:

- Flip chart

Time Frame: 20-30 minutes

Directions:

1. Invite students to sit in a circle.
2. Stand or sit in front of the circle and put your arms over your head in the shape of the letter V. Ask students what letter you are making with your arms. They should say the letter V. Ask them to make that letter too.
3. Then ask students if they know the name of anything that is good for them that starts with the letter V. Accept all answers. If students have not named a vitamin, give them hints. For example: "This is something that is in the food you eat. This is something your parents give you each day to help you get big and strong." If students have not guessed, write the word "vitamin" on a flip chart and ask students to help you repeat the word.
4. Ask students to share anything they know about vitamins. Vitamins help us learn, grow and stay healthy. Some vitamins are in foods. Some vitamins are in drinks. Vitamins have important jobs.
5. Tell students that letters are the names of many vitamins.

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6. Write a letter A on the flip chart. Ask students to make a letter A with their arms and hold it up. They can do this individually or as partners.
7. Then, explain that Vitamin A helps us see and helps us grow. Ask students to act out what Vitamin A helps us do.
8. Write the letter B on a flip chart. Then, ask students to make a letter B with their arms and hold it up. They can do this individually or as partners. Ask students if they know what important jobs B vitamins have. Explain that foods and drinks with Vitamin B help give us energy. Ask students to act out what it's like when they have a lot of energy!
9. Next, write a letter C on the flip chart. Ask students to make a C with their arms and hold it up. They can do this individually or with partners. Ask students if they know what job Vitamin C has.
10. Explain that foods and drinks with Vitamin C help give us strong muscles and help us heal when we have a cut. Ask students to act out what they look like when they have big muscles.
11. Next, write a letter D on the flip chart. Ask students to make a D with their arms and hold it up. They can do this individually or with partners. Ask students if they know what job Vitamin D has.
12. Explain that foods and drinks with Vitamin D help give us strong bones and teeth. Also tell students that we get Vitamin D from sunlight. Ask students to act out what it would look like to have strong bones and teeth.
13. Finally, play a game with students where you make a letter with your arms and they try to guess what letter you are making. See if they can remember what job that vitamin has. If not, you can act it out or ask a volunteer to act it out and have students guess.
14. Continue until you have said each vitamin name at least three times.

Activity 2: Match That Vitamin

Type of Activity: Energy to Discover, Energy to Read

Domain: Cognitive, Language

Students will:

- Match foods with the main vitamins they provide.

Materials:

- Picture of (or real) carrot
- Picture of (or real) can of tuna or beans
- Picture of (or real) orange, grapefruit or strawberry
- Picture of (or real) carton of milk
- Sticky notes
- Vitamin ABC song (included at the end of this day's activities)

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Time Frame: 20-30 minutes

Directions:

Note: Before the lesson, write the letters A, B, C, or D on enough sticky notes so that each child can get one of the letters.

1. Ask students if they remember what vitamins are. Accept all appropriate answers.
2. Then, ask if they remember any vitamin names. As they name the vitamins, distribute the corresponding sticky notes to students.
3. Explain to students that eating certain foods can give you one or more of these vitamins.
4. Place the four foods at the front of the room.
5. Tell students that each food or drink gives them a lot of one of these vitamins.
6. Give students these hints:
 - Vitamin A can be found in lots of vegetables, especially orange ones. (carrot)
 - Vitamin B can be found in meat, chicken, fish, grains, vegetables, dairy, and beans (tuna or beans)
 - Vitamin C can be found in citrus fruits, fruit juices, and some vegetables. (grapefruit, orange juice, or peppers)
 - Vitamin D can be found in dairy foods and drinks. It also comes from sunlight (milk)
7. As you read the hints, allow students to guess which foods have these vitamins by placing the correct sticky note on the food or picture.
8. Then, teach students the Vitamin ABC song. You can teach the class the entire song or teach the separate verses to different groups.
9. Allow them to sing the song several times.
10. Finally, remove the sticky notes and challenge students to place the sticky notes on the corresponding food with no hints! If this is too difficult, repeat the hints above.

Activity 3: Vitamin Bingo

Type of Activity: Energy to Read

Domain: Cognitive

Students will:

- Practice small motor and cognitive skills by matching foods with the vitamins they provide.

Materials:

- Bingo cards, one for every 3 or 4 students (included at the end of this day's activities)
- Small objects that can be used to mark off bingo cards

Time Frame: 20-30 minutes

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Directions:

1. Ask students if they have ever played Bingo. Invite those who have to share the rules with those who haven't.
2. Divide students into pairs or teams and ask groups to sit together at a table or on the floor.
3. Give each pair or team one of the four bingo cards and several small objects they can use to mark off their cards.
4. Explain that each card shows the four vitamins they have learned about and foods and drinks that have those vitamins under them.
5. You will read a letter and a food. If they have that food under that letter on the card, they should put a marker in the square. Show an example to students.
6. Read one of the vitamins/foods in the list below. Ask students to raise their hands if they think their card has that vitamin and food. Walk around the room to see if they're correct. Invite students who have the right vitamins/food to place a marker in the correct spot.
7. The first pair or team to get four in a row up and down or sideways must yell, "Vitamin Bingo." Check the winning card.
8. Once a team wins, repeat the game.
9. Explain that they are all winners when they eat their vitamins!

Modifications:

Pump It Up for Older Students

- Based on the clues, older students can name other foods in Activity 2 that would have each vitamin.

Cool It Down for Younger Students

- Younger students may need to play Vitamin Bingo using one class card instead of cards for each group.

NAEYC Standards Alignment

- **2.A.10** The curriculum guides teachers to incorporate content, concepts, and activities that foster social, emotional, physical, language, and cognitive development and integrate key areas of content including literacy, mathematics, science, technology, creative expression and the arts, health and safety, and social studies.
- **2.K.01** Children are provided varied opportunities and materials that encourage good health practices such as serving and feeding themselves, rest, good nutrition, exercise, hand washing, and tooth brushing.
- **2.D.03** Children have varied opportunities to develop competence in verbal and non-verbal communication by (a) responding to questions and (c) describing things and events.
- **2.J.06** Children are provided many and varied open-ended opportunities and materials to express themselves creatively through (a) music and (b) drama.

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- **2.F.03** Children are provided varied opportunities and materials to categorize by one or two attributes such as shape, size, and color.

Be Smart from the Start at Home!

Preschool-aged children are not expected to understand calories or how their bodies use energy, but they can begin to learn foundational information to help them make healthy decisions around diet and exercise. The Smart from the Start lessons are a set of flexible activities designed to introduce and reinforce these concepts, and we encourage you to integrate the rest of the activities in Me and My Choices and Give it a Try! into your existing curriculum. Throughout these activities, children will learn about energy they need to work and play; to make healthy choices about what they eat and drink from a variety of food groups; and how to move throughout the day with fun activities that help keep their hearts strong and healthy.

As your students progress to elementary school, the [Healthy Decisions, Healthy Habits Together Counts™ curriculum](#) can help them focus on more rigorous concepts related to self-esteem, decision-making, healthy nutrition and regular physical activity.

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Vitamin ABC Song (sung to "I'm a Little Teapot")

I'm a Little Vitamin
Good for You
All of My Friends
Have a Job to Do!

Vitamin A
Helps Us See and Grow Tall
Eat Lots of Veggies
Yellow, Orange, Big and Small.

Vitamin B
Gives Us Energy
Eat Meat and Beans
And Leafy Greens.


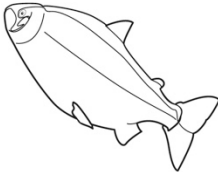
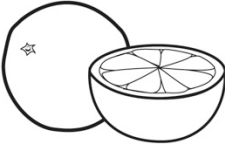



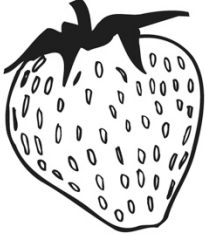



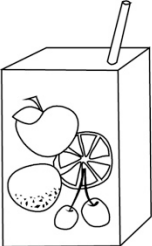

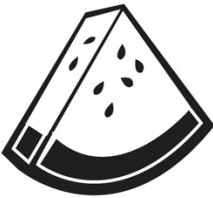


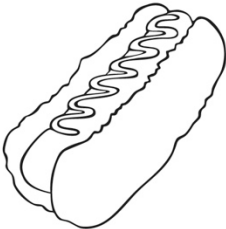
Vitamin C
Helps Our Muscles, Stops a Bruise
We Get It from Fruits
And Our Orange Juice.

Vitamin D
Makes Our Bones and Teeth Strong
Eat Dairy and Play in the Sun
All Year Long.

I'm a Little Vitamin
Good for You
All of My Friends
Have a Job to Do!



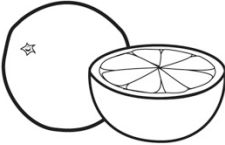



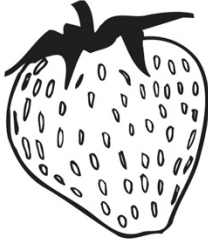
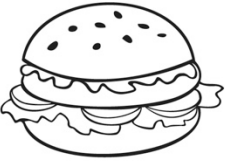

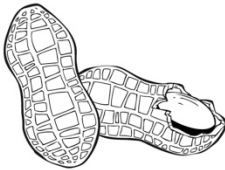
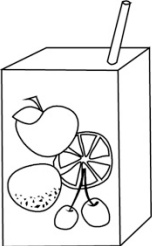

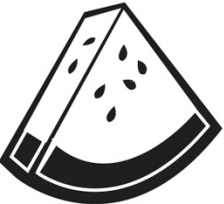
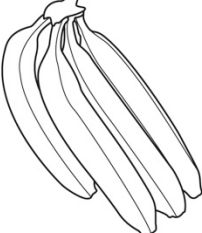


SMART FROM THE START

HEALTHY DECISIONS. HEALTHY HABITS.

A	B	C	D
 <p data-bbox="391 747 467 772">carrot</p>	 <p data-bbox="662 747 703 772">fish</p>	 <p data-bbox="906 747 982 772">orange</p>	 <p data-bbox="1182 747 1222 772">milk</p>
 <p data-bbox="394 1058 451 1083">eggs</p>	 <p data-bbox="662 1058 703 1083">corn</p>	 <p data-bbox="886 1058 1000 1083">strawberry</p>	 <p data-bbox="1174 1058 1230 1083">eggs</p>
 <p data-bbox="378 1365 475 1390">pumpkin</p>	 <p data-bbox="643 1365 724 1390">chicken</p>	 <p data-bbox="914 1365 971 1390">juice</p>	 <p data-bbox="1166 1365 1239 1390">yogurt</p>
 <p data-bbox="362 1680 483 1705">watermelon</p>	 <p data-bbox="630 1680 735 1705">pineapple</p>	 <p data-bbox="898 1680 987 1705">broccoli</p>	 <p data-bbox="1157 1680 1239 1705">hot dog</p>


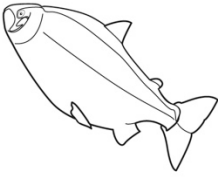
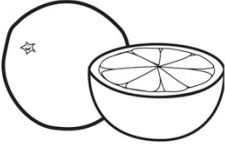

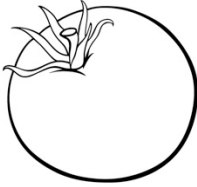
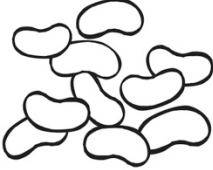
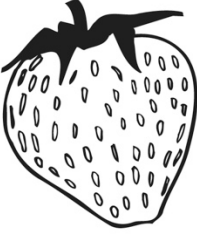


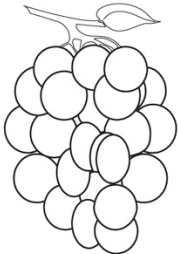
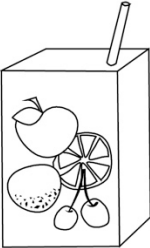
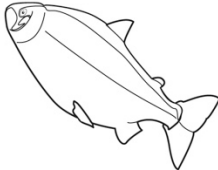
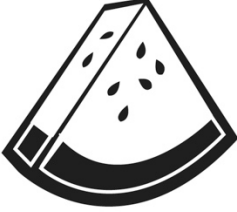



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A	B	C	D
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 <p data-bbox="380 1058 467 1083">broccoli</p>	 <p data-bbox="639 1058 727 1083">chicken</p>	 <p data-bbox="883 1058 997 1083">strawberry</p>	 <p data-bbox="1143 1058 1256 1083">hamburger</p>
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 <p data-bbox="363 1680 493 1705">watermelon</p>	 <p data-bbox="639 1680 737 1705">bananas</p>	 <p data-bbox="906 1680 997 1705">pepper</p>	 <p data-bbox="1159 1680 1240 1705">hot dog</p>



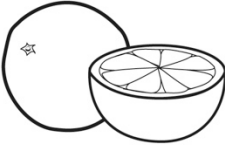



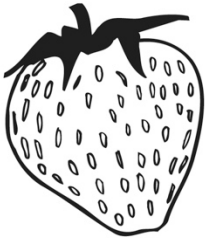
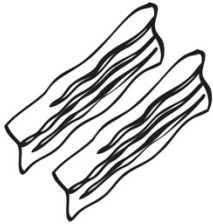


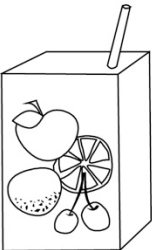
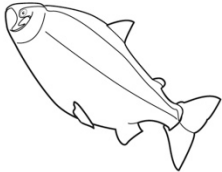
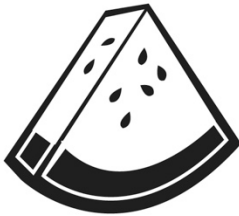
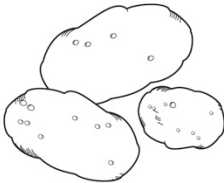


SMART FROM THE START

HEALTHY DECISIONS. HEALTHY HABITS.

A	B	C	D
 <p data-bbox="391 747 456 772">carrot</p>	 <p data-bbox="662 747 703 772">fish</p>	 <p data-bbox="902 747 976 772">orange</p>	 <p data-bbox="1179 747 1227 772">milk</p>
 <p data-bbox="386 1056 459 1081">tomato</p>	 <p data-bbox="651 1056 711 1081">beans</p>	 <p data-bbox="886 1056 992 1081">strawberry</p>	 <p data-bbox="1174 1056 1227 1081">eggs</p>
 <p data-bbox="378 1360 467 1386">pumpkin</p>	 <p data-bbox="646 1360 719 1386">grapes</p>	 <p data-bbox="914 1360 967 1386">juice</p>	 <p data-bbox="1179 1360 1219 1386">fish</p>
 <p data-bbox="362 1675 483 1701">watermelon</p>	 <p data-bbox="630 1675 735 1701">pineapple</p>	 <p data-bbox="902 1675 984 1701">broccoli</p>	 <p data-bbox="1162 1675 1227 1701">yogurt</p>

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A	B	C	D
 carrot	 corn	 orange	 milk
 Swiss Cheese	 chicken	 strawberry	 bacon
 pumpkin	 pineapple	 juice	 fish
 watermelon	 potatoes	 yogurt	 yogurt

Energy at Home

This week, your child learned all about vitamins and the important jobs they do for our bodies! They also learned about food and beverage sources for different vitamins. They learned that Vitamin A helps their eyes and helps them grow. Vitamin B helps give them energy. Vitamin C helps their muscles grow and helps them heal. And Vitamin D helps their bones and teeth stay strong.

Information about the vitamins in foods and drinks can be found in the nutrition facts panels on the sides of most food packages. Next time you are shopping or making dinner, ask your child to help you identify the vitamins in the ingredients or on the food label. Then, see if your child remembers the important job each vitamin does to help them grow and stay healthy!