

VITAMANIA

Years 5-6 HEALTH & PHYSICAL EDUCATION SAMPLE LESSON PLAN



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Lesson Plan #1

Meet the Vitamins

Concept

Not all chemicals are toxins! Some chemicals are good for us, and some can be bad. Vitamins are chemical compounds. Like oxygen and water, vitamins are simply a type of chemical substance. Along with minerals like calcium, iron and magnesium, vitamins belong to a class of compounds which are good for us - micronutrients. There are also thousands of other chemicals found in food - like phytochemicals in plants - that are also chemical compounds and good for our health.

Vitamins are essential to our everyday life and wellbeing, yet there are many misconceptions and misunderstandings about vitamins.

Confusion about taking vitamins, in either naturally occurring or synthetic forms, is common in our community. Based on scientific discovery, this first lesson will allow students to better understand the vitamins found in food. (Later lessons will explore vitamins found in supplements).

The lesson will teach students about the 13 different vitamins known to be essential to humans, how we source them naturally and why vitamins are vital for good health.

Learning objective

For students to understand the concept of vitamins - what vitamins are, where naturally occurring vitamins come from, how we consume them and why they are important for a healthy life. In doing so, students will be able to apply this knowledge to their own wellbeing and that of their family and friends.

Curriculum Pointers

- Investigate community resources and ways to seek help about health, safety and wellbeing [ACPPS053](#)
- Plan and practise strategies to promote health, safety and wellbeing [ACPPS054](#)
- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities [ACPPS058](#)

Preparation

- Watch the free online videos in the activities below before your class
- Whiteboard and marker pens
- Internet access

Duration

1 x 45 minutes

Activity 1

Most people know that vitamins are essential for a healthy life, but few people really know why. So, let's begin with a definition of what vitamins are. While there is debate about how to define vitamins, most nutritionists agree that, in a nutshell:

Vitamins are chemicals compounds we need in small amounts that are essential for life. Without them we get sick and die.

It helps to understand the vitamins individually, in order to grasp their different functions and importance. Firstly, we need to know how many vitamins there are.

In this excerpt from *Vitamina*, Dr Muller explains:

Thirteen different vitamins have been identified: vitamin A, the 8 vitamins in the B family, and vitamins C, D, E and K.

—> **Play video “Meet the Vitamins Song”**

<https://www.vitamaniathemovie.com/song-meet-the-vitamins/>

So what happened to vitamins F through J, and the missing B numbers? Further research into these ‘extra vitamins’ found that the body could produce them after all, didn't actually need them, or that they had been misidentified – and so they were no longer classified as vitamins. Vitamin H, or biotin, was originally thought to be its own vitamin until further research showed it was part of the B complex and so it was renamed B7.

And vitamin K? While all the other vitamins were named alphabetically, the Danish scientist who discovered its blood clotting properties named vitamin K ‘Koagulationsvitamin’ – that's German for coagulating vitamin.

Activity 2

As a prelude to the next video, instigate a brief class discussion about where vitamins come from and how much we need for a healthy life. Brainstorm ideas. When completed, show the class the following video to demonstrate facts about vitamin sources and daily requirements.

—> Play video “Vitamins: How Much Is Enough?”

<https://www.vitamaniathemovie.com/vitamins-how-much-is-enough/>

Activity 3

Begin this activity with a further discussion to explain why there are 13 vitamins and why some are ‘missing’.

Then, have students use the information provided in the ‘Meet The Vitamins’ post on the *Vitamina* website to create a VITAMIN PROFILE TABLE:

<https://www.vitamaniathemovie.com/meet-the-vitamins/>

1. Draw up a table with 5 columns and 13 Rows.
2. Name each column:

Column 1: Vitamin
Column 2: Natural Sources
Column 3: Health Benefits
Column 4: Deficiency Effects
Column 5: Fun Facts
3. In Rows 1-13 write the name of the 13 vitamins.
4. Complete the table to provide a concise view of the vitamins. The activity can be done individually, in small groups or teacher-directed as a classroom learning activity.
5. Check and compare student answers.
6. Display on the wall for all to see!

Suggestion

Use the free resources supplied on the Vitamina website (www.vitamaniathemovie.com/extras) as reference guides for students to find further information and practice their research skills.

Learning outcome

At the end of this lesson students should have a good understanding of what vitamins are and should be able reproduce important information about every vitamin. They will know that vitamins are naturally occurring, that vitamins can be easily and readily consumed. Students will appreciate the role vitamins play in contributing to a healthy life and be able apply this new knowledge to their own lives.

Download the full film and complete *Vitmania* Education Kits at
www.vitmaniathemovie.com/learn

Use the code 'learn' at checkout to get **30% off**

OR

Australian schools who are registered with Screenrights
can watch the film on [EnhanceTV](#) or [Clickview](#)