

## 1010

### 1. Fill in the Venn Diagram: Vitamin A, both (in the middle) and Vitamin B

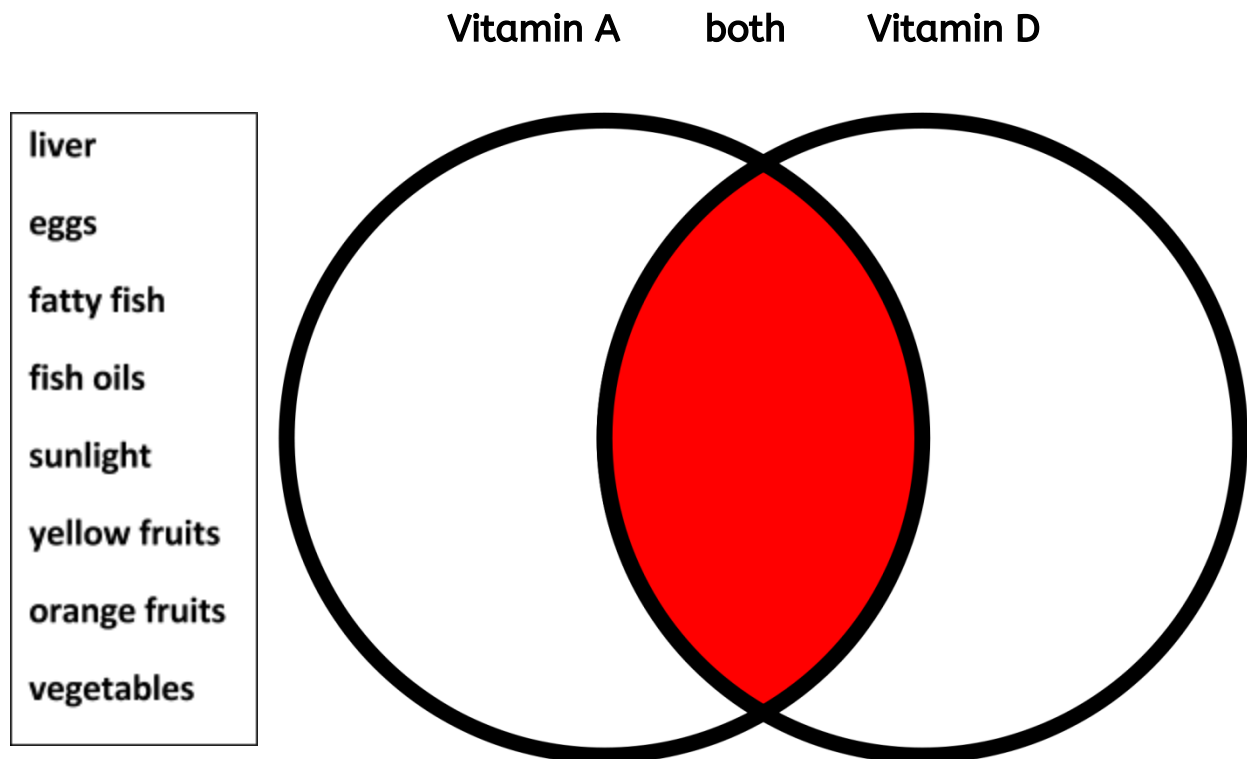


Image source:

<https://upload.wikimedia.org/wikipedia/commons/thumb/9/99/Venn0001.svg/2000px-Venn0001.svg.png>

#### Instructions:

1. Read the text.
2. Highlight important words and phrases.
3. Fill in the worksheets in pairs.
4. Check the answer sheet (solution).

#### Solution:

**Vitamin A:** fish oils, yellow fruits, orange fruits, vegetables, liver

**Vitamin D:** sunlight, fatty fish

**Both:** eggs

## 2. Match the vitamins and the texts



Vitamin A	Found in liver, eggs and fish oils. All the above are retinol. There are two types of vitamin A, retinol and carotene is found in yellow and orange fruits and vegetables. It helps bones to grow, aid to night vision.
Vitamin B	Found in cereals and meat. Releases energy. Not to be exposed to light.
Vitamin C	Found in citrus fruits and green vegetables. Helps to absorb calcium and iron and gets destroyed in heat.
Vitamin D	Found in fatty fish, eggs and sunlight. Absorbs calcium.

**Solution:**

Vitamin A	Found in liver, eggs and fish oils. All the above are retinol. There are two types of vitamin A, retinol and carotene is found in yellow and orange fruits and vegetables. It helps bones to grow, aid to night vision.
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Instructions for the teacher:

1. Copy the text on page 2 as often as you need it. (Pairwork)
2. Cut out the scale items. (8 items)
3. Let the pupils match the items.
4. Compare the exercise. (In class)

### 3 Reading race

#### VITAMINS A, B, C and D

Vitamin A: Found in liver, eggs and fish oils. All the above are retinol.



There are two types of vitamin A, retinol and carotene is found in yellow and orange fruits and vegetables. It helps bones to grow, aid to night vision.



Vitamin B: Found in cereals and meat. Releases energy. Not to be exposed to light.



Vitamin C: Found in citrus fruits and green vegetables. Helps to absorb calcium and iron and gets destroyed in heat.



Vitamin D: Found in fatty fish, eggs and sunlight. Absorbs calcium.

### Instructions for the teacher:

- Copy the text several times on different coloured paper and cut the text on page 4 into five snippets.
- Place them in the classroom in different places.
- Ps are allocated a colour and work in pairs.
- One pupil reads the text and dictates it to his/her partner.
- After some time the partners swap roles.
- Ps compare the results together.