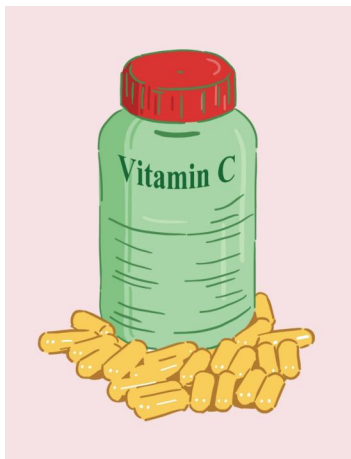


Many people know they don't get enough vitamins in their diet. It's hard to get into the habit of taking a supplement. It's also hard to know what you need! *Read these 5 Signs of Vitamin Deficiency.*  
Now will you take your multivitamin?

## Warmup ☀

Discuss this quote with your class.

*"Friendship is like vitamins,  
we supplement each other's  
minimum daily requirements."*



## Pre-Reading Warm Up Questions ☀

1. Do you take a multivitamin?
2. Who should take vitamin supplements?
3. Where do we get vitamins from?
4. How do you know if you aren't getting enough vitamins?

## 5 SIGNS OF VITAMIN DEFICIENCY

**Do you have any of these symptoms? Maybe it's time to start taking a multivitamin.**

### 1. Night Blindness: Vitamin A Deficiency

The eye uses vitamin A to change shape when entering darkness. In developed countries, vitamin A is added to many foods such as milk. This **deficiency** is common in **developing countries**.

### 2. Migraines: Vitamin B2 Deficiency

Vitamin B2 is called riboflavin. It increase your energy. Some **migraine** sufferers swear by this vitamin. They say a **supplement** prevents **chronic** headaches.

### 3. Anemia: Vitamin B12 Deficiency

Some people have a low red blood count due to a lack of vitamin B12. Meat, eggs, and dairy products have vitamin B12. Vegetarians sometimes suffer from anemia. It can cause pale skin and **fatigue**.

### 4. Bleeding Gums: Vitamin C Deficiency

Vitamin C supplements can reverse **gum disease**. It helps repair damaged **tissue**. Vitamin C rich foods include oranges, strawberries, and red peppers.

### 5. Depression: Vitamin D deficiency

Vitamin D is the sun vitamin. Many people suffer from **depression** in the winter months because they do not get enough vitamin D. Supplements can reduce seasonal depression.

## COMPREHENSION

**True or False. If the statement below is true, write T beside the sentence. If it is false, write F. If it is false, correct the information.**

1. Vitamin B2 helps you see better when driving at nighttime. \_\_\_\_\_
2. Some migraine sufferers swear by vitamin B2 supplements. \_\_\_\_\_
3. Depression often results from a lack of vitamin D. \_\_\_\_\_
4. Strawberries can cause your gums to bleed. \_\_\_\_\_
5. Vegetarians often have gum disease. \_\_\_\_\_

## Doctor's Orders

### ROLE PLAY



Create a role-play between a doctor and a patient who hates fruit and vegetables. The doctor convinces the patient to take a daily multivitamin.

## VOCABULARY REVIEW

**Matching:** complete the sentences by using one of the words below.

1. A type of headache that is usually strong on the side of the head is called a \_\_\_\_\_.
2. The opposite of a developed country (e.g. US) is a \_\_\_\_\_.
3. Another word for tired is \_\_\_\_\_.
4. \_\_\_\_\_ causes strong feelings of sadness.
5. When your body is deficient in a certain vitamin you have a \_\_\_\_\_ of that nutrient.
- a. **lack**
- b. **migraine**
- c. **fatigued**
- d. **developing**
- e. **depression**

**RESEARCH** (Homework or Computer Lab work)

**Look up the following vitamins.**

## What do these vitamins do to help our body?

### Which foods and drinks provide these vitamins?

Vitamin A	Folate	Vitamin D	Vitamin K

## Did you Know? There are 2 main types of vitamins.

### Water Soluble:

Need water for absorption. The body uses what it needs and excretes the rest. Take regularly!

**Vitamins C and B** (eight types of B vitamins)

### Fat Soluble:

Need fat for absorption. The body stores some in the fat to use later. **Vitamins A, D, E, K**

## RELATED VOCABULARY AND IDIOMS

What do these expressions mean? Can you think of an example to help remember these phrases?

1. This healthy snack is *packed with* vitamins.
2. We *store* some vitamins in our bodies for months.
3. *Leafy green veggies* are a good source of vitamin K.
4. It is difficult to *overdose* on vitamins.
5. *It all boils down to* having a balanced diet.
6. Vitamin C doesn't *stick around* for long.

## Create your own list:

### 5 Ways to get More Vitamins in your Diet

1. *Eat an orange a day*

*Oranges are high in Vitamin C.*

2.

3.

4.

5.

6.

7.

8.

9.

10.

Do you have a blog?

Why not use this list for a blog topic?

Or, type out your list and share it with us.

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