

TRY IT AT HOME: Snack Scavenger Hunt

Objectives

This activity will teach kids about the different vitamins that are essential in their diet and what each of them does for their body. It will help kids learn which foods contain which essential nutrients, giving them skills towards being able to create a balanced diet.

Principle of Humanism Supported by Lesson

- ★ *We are committed to scientific discovery and technology as contributions to the betterment of human life.*
- ★ *We strive to experience life and develop as individuals.*

Materials Needed

- Snack scavenger hunt worksheet: **see below**
- Writing utensil
- Food items in your kitchen with nutrition labels
- Device with the ability to look up nutrient contents of different foods and questions about the vitamins (Alexa, Google, etc.)

Differentiation for Age Groups

Primarily geared towards middle aged campers (age 11-13).

Youngest (ages 8-11): look at the nutrition labels for food in your kitchen and find out which vitamins each one has – write it down in the appropriate box on the worksheet

Middle (Ages 11-13): list several items for each vitamin on the worksheet; research foods that don't have nutrition labels (meat, produce, etc.)

Oldest (Ages 14-17): create a recipe using ingredients that contain as many of the vitamins as possible

Activity Instructions

1. Print out the provided worksheet and grab your writing utensil
2. Read about what each vitamin does for your body and write down any questions you have – you can look these up or ask someone else
3. Go into your kitchen and find items with a nutrition label
4. Locate where on the label the vitamins contained are located
5. Write down the food (or drink!) in the box of any and all vitamins that it contains
6. Find foods without a nutrition label and look up which of the nutrients they contain – try asking Alexa or typing a question into google!

Exploration

- Pick one of your favorite recipes and see how many of the vitamins it contains by finding out which vitamins each ingredient contributes.
- Create a new recipe that contains ingredients with as many of the vitamins as possible.
- Find out more details about what each nutrient does for your body.

Discussion

1. Think about a specific vitamin and what it does for your body – what activity do you do every day or week that might be dependent on this vitamin's function?
2. How can you use this knowledge to determine whether a recipe is healthy by looking at the nutrient contents of its' ingredients?
3. How will learning this help you create a healthy diet for yourself in the future?

Additional Resources

Originally taken from:

<https://www.pinterest.com/pin/301881981256486550/>



Snack Scavenger Hunt

Vitamin A (Retinol)	Helps keep your bones, nervous system, digestive system, and respiratory system healthy!	
Vitamin B ₁ (Thiamine)	Helps your body get energy from the food you eat and improves heart health!	
Vitamin B ₂ (Riboflavin)	Helps the cells in your body use the oxygen you breath in to work better and gives your skin that healthy glow!	
Niacin	Helps your cells “ metabolize ” or make their own energy for healthy function!	
Vitamin B ₆	Helps your body to metabolize proteins, fats, and carbohydrates from the foods you eat!	
Pantothenic Acid	Helps take the foods you eat and turn them into energy your body can use!	
Vitamin B ₁₂ (Cobalamin)	Helps you develop red blood cells , which carry oxygen throughout your body to keep it working well!	
Vitamin H (Biotin)	Helps your body form the fatty acids that needs from other foods that you eat!	
Folate	Helps to produce red blood cells!	
Vitamin C (Ascorbic Acid)	Keeps your bones healthy and makes sure that your body can heal when you get hurt!	
Vitamin D (Cholecalciferol)	Helps your body metabolize phosphorus and calcium you get from other foods!	
Vitamin E (Tocopherol)	Helps your body keep up with everything it needs to do on a daily basis!	
Vitamin K (Phylloquinone)	Helps your blood stay healthy so that it can clot to help you stop bleeding when you get hurt!	

