


CLIL: Food and nutrition

Minerals and vitamins

Food and nutrition

Vitamins and minerals

FRUIT AND VEGETABLES COME IN DIFFERENT COLOURS AND THE DIFFERENT COLOURS GIVE US DIFFERENT VITAMINS AND MINERALS



THE GREEN GROUP
THE GREEN GROUP IS RICH IN VITAMIN A, VITAMIN C, POTASSIUM AND IRON.

THE YELLOW/ORANGE GROUP
THE YELLOW-ORANGE GROUP IS RICH IN VITAMIN A, VITAMIN C AND POTASSIUM

THE RED GROUP
THE RED GROUP IS RICH IN VITAMIN C

THE BLUE-PURPLE GROUP
THE BLUE-PURPLE GROUP IS RICH IN VITAMIN A AND VITAMIN C

THE WHITE GROUP
THE WHITE GROUP IS RICH IN VITAMIN A, VITAMIN C AND CALCIUM

IRON
IRON CARRIES OXYGEN TO ALL THE PARTS OF YOUR BODY

CALCIUM
CALCIUM GIVES YOU STRONG BONES AND STRONG TEETH

POTASSIUM
POTASSIUM HELPS THE HEART TO BEAT AND MUSCLES TO MOVE

VITAMIN A
VITAMIN A HELPS YOU TO SEE BETTER, ESPECIALLY AT NIGHT

VITAMIN C
VITAMIN C FIGHTS INFECTIONS AND IT HEALS WOUNDS

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THE GREEN GROUP

THE GREEN GROUP IS RICH IN VITAMIN A, VITAMIN C, POTASSIUM AND IRON.



THE WHITE GROUP

THE WHITE GROUP IS RICH IN VITAMIN A, VITAMIN C AND CALCIUM

OXYGEN
THE
YOGURT

Vitamins and minerals



THE YELLOW/ORANGE GROUP

THE YELLOW-ORANGE GROUP IS RICH IN VITAMIN A, VITAMIN C AND POTASSIUM



IRON

IRON CARRIES OXYGEN TO ALL THE PARTS OF YOUR BODY



THE BLUE-PURPLE GROUP

THE BLUE-PURPLE GROUP IS RICH IN VITAMIN A AND VITAMIN C



CALCIUM

CALCIUM GIVES YOU STRONG BONES AND STRONG TEETH



POTASSIUM

POTASSIUM HELPS THE HEART TO BEAT AND MUSCLES TO MOVE



THE RED GROUP

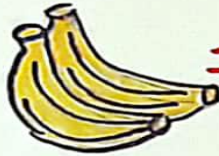
THE RED GROUP IS RICH IN VITAMIN C



CALCIUM



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POTASSIUM



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IRON



IRON CARRIES
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VITAMIN A



VITAMIN A HELPS YOU
TO SEE BETTER,
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VITAMIN C



VITAMIN C FIGHTS
INFECTIONS AND
IT HEALS WOUNDS

CLASSI QUINTE C/D

SCUOLA PRIMARIA