### CLIL

### **Vitamins**

Vytvořeno v rámci projektu Zvýšení jazykové kompetence 2016-1-CZ01-KA101-023159 Erasmus + Vzdělávací mobilita jednotlivců – Mobilita – Mobilita pracovníků školy



## Vitamins

- organic compounds
- essencial substances needed in limited quantities
- catalyze biochemical reactions
- strong physiological effect
- involved in the metabolism of proteins, fats and sugars
- most vitamins taken from food
- artificially produced dietary supplements

## Vitamins

hypervitaminosis - excessive intake of vitamins fatigue, vitamins are excreted from the body

hypovitaminosis - lack of vitamins specific disorders and diseases

vitamin deficiency - total loss of vitamins
eating disorders, starvation, can happen to death

# Vitamins

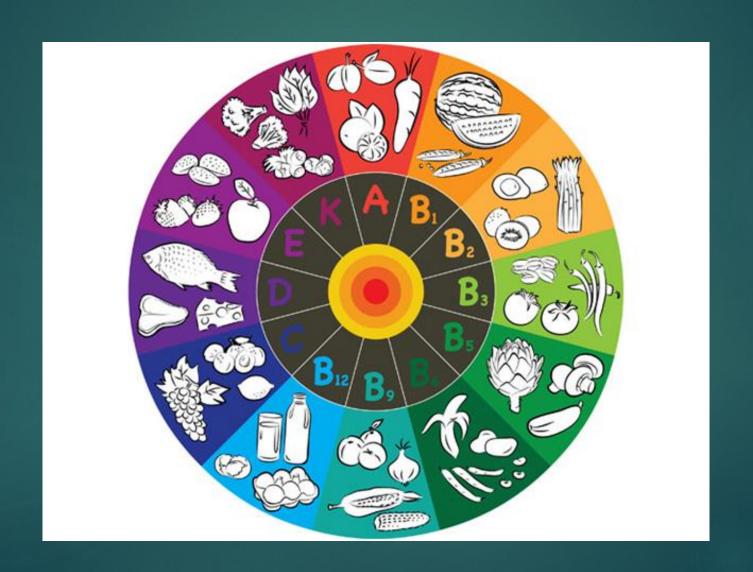
#### Water insoluble

- vitamin A
- vitamin D
- vitamin E
- vitamin K

#### Water soluble

- complex of vitamins BB1,B2, B3, B5, B6, B9, B12
- vitamin C
- vitamin H (B7)

## Name foods belonging to vitamins



### Questions

- ▶ What is a vitamin?
- ▶ Where can we get vitamins?
- What happens when we do not have enough vitamins?
- ▶ What vitamins do you know?
- What is the main characteristic?
- Make one-day healthy diet and write which vitamins are included

### Sources

▶ Picture1

Sources of Vitamins with Benefits and Functions Chart | Page For ... | Vitamin/nutrient food source | Pinterest | Of, Charts and Healthy. *Pinterest* [online]. Dostupné

z: https://www.pinterest.com/pin/496803402624693950/