

CLIL

Vitamins

Vytvořeno v rámci projektu Zvýšení jazykové kompetence

2016-1-CZ01-KA101-023159

Erasmus + Vzdělávací mobilita jednotlivců – Mobilita – Mobilita pracovníků školy



Erasmus+

Vitamins

- ▶ organic compounds
- ▶ essential 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 B
B1, B2, B3, B5, B6, B9, B12
- ▶ vitamin C
- ▶ vitamin H (B7)

Name foods belonging to vitamins



Picture 1

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/>