



Health Center: Research Nutrition

What vitamins do you need to stay healthy? In *Island of the Blue Dolphins*, Karana was able to find food and water to survive. Find out about at least 3 kinds of vitamins you need in order to survive and stay healthy.

1. Use the following web sites to gather information on vitamins important for your health:
 - <http://www.kidshealth.org/kid/nutrition/food/vitamin.html>
 - http://www.keepkidshealthy.com/nutrition/vitamins_minerals.html
 - www.worldbookonline.com or <http://worldbookonline.com/kids/Home> (once at the site, do a search on **vitamins**)
 - www.go.grolier.com (once at the site, do a search on **vitamins**)
2. Create a chart showing at least 3 different types of vitamins needed to stay healthy. For each type, draw or list some of the foods that are good sources of the vitamin.

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|-----------|---|
| Vitamin C |  |
| Vitamin A | |
| Vitamin D |  |

Early finishers: Design a lunch menu for the week that contains foods with the vitamins you've learned about.