



JOSEPH P CORY
FOUNDATION
Anchored in Love.



GUIDE

TEACHERS/PARENTS

VITAMIN SEA

Vitamin SEA ('C)



Learning Objectives

After this lesson, students will be able to:

- Evoke creative expression in relation to healthy foods
- Name foods that are rich in Vitamin C
- Explain the effects of Vitamin C deficiency

Materials

- Pirate C and Scurvy on the High Seas to be read to the class (page 2)
- Pirate C and Scurvy on the High Seas – Page 2 printed and distributed to each student.
- Coloring utensils
- End-of-day Knowledge Assessment (page 3)

Steps for activity

1. Print the “Pirate C and Scurvy on the High Seas”
2. Print and distribute the Pirate C and Scurvy of the High Seas story, one to each student, so they may illustrate a portion of the story
3. Collect the illustrated pages and read the full story aloud, showing each drawing, to the class.
4. Distribute the end-of-day knowledge assessment which prompts students to reflect on:
 - a. What they learned about Vitamin C
 - b. Foods that contain Vitamin C
 - c. If they will share this information with their family

Resources

<https://www.ncbi.nlm.nih.gov/books/NBK493187/>

Pirate C and Scurvy on the High Seas

There once was a pirate named Charles, but his friends just called him 'C.

'C and his crewmates were professional plunderers and often sailed the ocean for long voyages.

One day, they packed a ship full of fresh fruits and vegetables for their voyage and took off to sea.

As they sailed, they snacked on oranges, limes, cantaloupe and grapefruit - and when craving a vegetable, some broccoli and brussel sprouts too.

They planned to sail for only 7 days, but this quickly turned into 14, then 20. By this time, their supply of fruits and vegetables was gone.

When the fruits and vegetables ran out, 'C and his crew started to feel irritable. They coughed, sneezed, and felt downright sick.

'C accidentally cut his finger on the Captain's hook, and his wound didn't heal for days.

'C and his crew noticed their gums swelling, and even started losing some teeth!

'C bumped his knee on the ship's steering wheel, and it swelled to the size of a watermelon.

"Why are we sick, grumpy, bleeding, and losing our teeth!" exclaimed 'C to his crew.

The crew thought hard about what could be causing their symptoms. They realized this all started when they ran out of fruits and vegetables!

Alas, the pirates were not healthy without the Vitamin C provided by their supply of fruits and vegetables.

They finally understood that Vitamin C is important to fight sickness in order for their cuts to heal, and to have healthy and strong gums, teeth and skin.

Pirate 'C spotted an island in the distance, and quickly veered his ship toward it. When they docked on the island, 'C and his crewmates ran on shore to find a field full of fruit trees.

They picked fruits from the trees, including oranges, grapefruit, lemons and limes; they ate until their bellies were full.

Finally, when their bodies had a healthy amount of Vitamin C. They headed back to their ship with crates full of delicious fruit.

Pirate 'C and his crew vowed to never sail the high seas without ample fruits and vegetables again.

Illustrate a portion you have read from the story *Pirate C and Scurvy on the High Seas* above!

VITAMIN SEA

What did you learn today about Vitamin C? _____

List 3 foods that contain Vitamin C. _____

Will you share the story of Pirate 'C with your family? Yes No
(circle one of the choices)

TOP 10 VITAMIN C FOODS



PER 100G (MILLIGRAMS)

VITAMIN C DEFICIENCY *signs and symptoms*



DRY/SPLITTING
HAIR



SLOW
WOUND HEALING



EASY BRUISING



DRY SKIN



GINGIVITIS



NOSEBLEEDS



JOINT
PAIN



IMMUNE
IMPAIRMENT



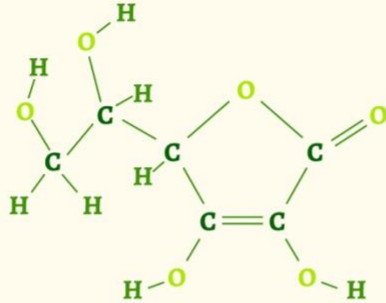
DIGESTIVE
DISORDERS

Vitamin C Deficiency – Top Foods to Eat to Boost Your Immune System

VITAMIN C BENEFITS & SOURCES

VITAMIN C IS A WATER-SOLUBLE VITAMIN THAT IS NEEDED FOR MANY REACTIONS WITHIN THE BODY

ASCORBIC ACID



Health Benefits



BOOSTS THE IMMUNE SYSTEM



SUPPORTS THE BRAIN



BALANCES CHOLESTEROL



PROMOTES A HEALTHY HEART



REDUCES RISK OF CATARACTS



HELPS CANCER TREATMENT



BEST SOURCES OF VITAMIN C PER 100G (MILLIGRAMS)

DOG-ROSE
CONTAINS 20 TIMES MORE VITAMIN C THAN AN ORANGE!



Florida Honeybells – Nature's Candy

If you grew up in Florida, residents know about **Honeybells**, a grapefruit-tangerine hybrid that's incredibly juicy and honey-sweet in flavor. This once-a-year citrus sensation is only available for a few weeks beginning in January.

Did you ever go picking oranges with your family and friends?

A Fun Craft

Did you know, if you stick cloves in an orange, you can create a very nice smelling kitchen air freshener? This is called a pomander, a ball or perforated container of sweet-smelling substances such as herbs and spices, placed in a closet, drawer, or room to perfume the air or (formerly) carried as a supposed protection against infection.