

James Lind

Design a poster below telling of the importance of vitamin C in our diets. You should include the facts that vitamin C is needed for healthy gums and bones, for helping the body heal cuts and for resisting infections.

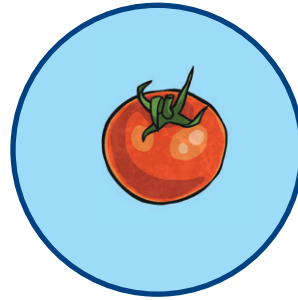
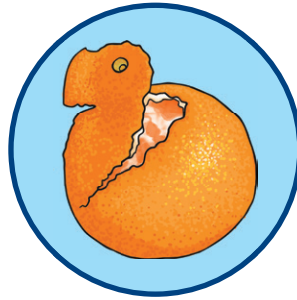
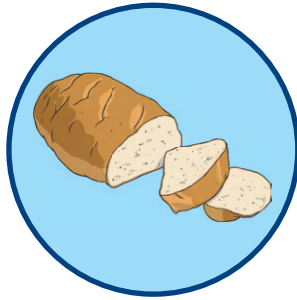
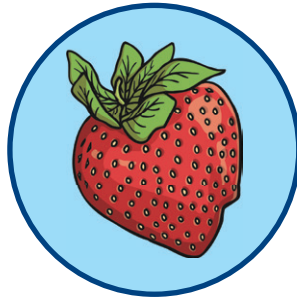
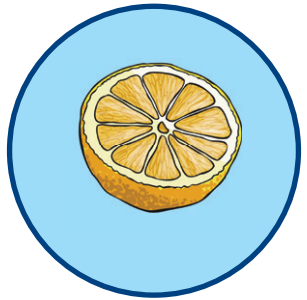
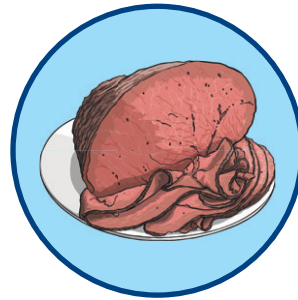
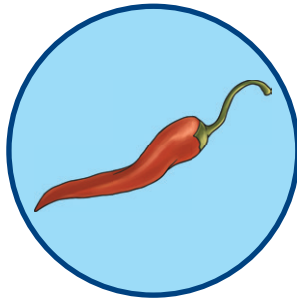
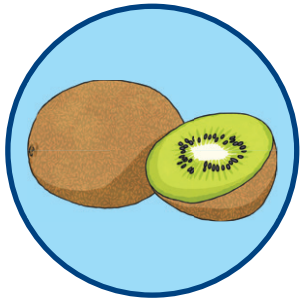


A large, empty rectangular box with a blue border, intended for the student to design a poster about the importance of vitamin C.

James Lind

James Lind discovered that not getting enough vitamin C in your diet can be the cause of scurvy. Research the foods below to find out if they are a good source of vitamin C.

Cut out and sort below.



Vitamin C



James Lind



James Lind investigated the importance of vitamin C in our diets. Research the vitamins listed below. Use bullet points to list why they are crucial for a healthy body, and the foods they are found in.

Vitamin A	Vitamin B	Vitamin C	Vitamin D

EXTENSION – How many vitamins are there altogether? Can you find out some more facts about other vitamins?