

# Vitamin D

## Activity Sheet – For Kids!

Instructions: Complete the following activities to learn more about vitamin D!

### 1 Word search

How many of these foods can you find that contain vitamin D?

B	A	B	Y	D	D	R	O	P	S
E	C	H	M	O	F	W	I	M	K
V	A	R	E	I	C	A	S	A	B
X	E	F	M	N	L	S	T	R	U
F	L	H	A	R	U	K	I	G	S
J	I	P	M	A	Q	T	A	A	Q
E	U	S	G	H	Y	E	H	R	Y
N	G	O	H	C	A	N	R	I	D
K	N	G	T	A	R	C	M	N	J
C	H	P	S	D	E	J	O	E	V

Baby Drops

Char

Eggs

Fish

Maqtaaq

Margarine

Milk

### 2 True or False?

a) Vitamin D makes our bones and teeth strong.

True  False

b) You get enough vitamin D from the sun so you don't need to eat these foods with vitamin D.

True  False

c) You can only get vitamin D from country food, not store bought food.

True  False

d) Arctic char gives you a lot of vitamin D.

True  False

e) Rickets is a painful disease that you get when you don't eat enough vitamin D.

True  False



# 3

## Colour me in.

Vitamin D makes our bones and teeth strong; you can get it from all of these foods!

