

Vitamin D

Lesson Plan

Use this on well-baby day, at CPNP, at parents and tots group, or even at a cooking class when you're waiting for something to cook in the oven!

Key messages to share often:

- Rickets is 100% preventable. It is a painful disease that causes bones to get soft and bend.
- All babies under the age of 2 (breastfed or formula fed) need 2 drops (800IU) of Baby Ddrops™ every day.
- Pregnant and breastfeeding women need to take a vitamin D supplement every day in addition to prenatal vitamins.
- Baby Ddrops™ are colourless, tasteless and do not turn babies' teeth brown.



Learning plan objectives:

Participants learn how to get enough vitamin D and why it is important.

Activity 1 Vitamin D Trivia

Materials: Vitamin D Trivia Flash Cards

1. Sit in a circle.
2. Take out the Trivia Flash Cards and ask participants the first question. Once everyone has answered, show them the correct answer [on the back of the card]. Continue with all questions.
3. Ask the group what they learned from the game. Encourage them to share what they learned and what they had already known.

Activity 2 Giving Vitamin D to Babies

Materials: Copies of the *Baby Ddrops™ for Strong Bones and Teeth* tear sheet

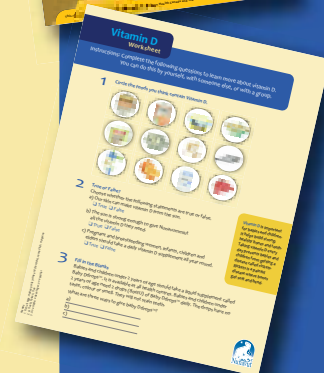
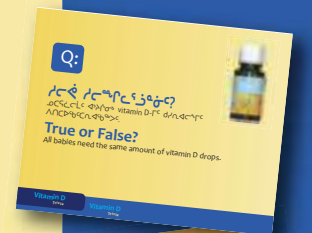
1. Pass out copies of the *Baby Ddrops™ for Strong Bones and Teeth* tear sheet.
2. Read or have parents and caregivers take turns reading out the information.
3. Questions to ask: Has anyone given their babies under 2 years old Baby Ddrops™ before? How did they give it and when? Why have or haven't they given their babies Baby Ddrops™? Have the group share their experiences.
4. Remind parents that Baby Ddrops™ are available for free at the Health Centre.

Activity 3 Worksheet Fun!

Materials: Copies of the *Vitamin D Activity Worksheet*, copies of the *Vitamin D Activity Sheet – For Kids!*, pens/pencils and crayons/markers.

1. Pass out copies of the *Vitamin D Activity Worksheet*. If there are children present, give each one a copy of the *Vitamin D Activity Sheet – for Kids!*
2. Have participants complete the sheet by working in small groups.
3. Once everyone has finished, take up the answers in a large group.

[Reminder: Answers are located on the bottom of the worksheet]



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Other activity ideas:

Recipe Contest

- Have participants submit recipes that have vitamin D foods as the main ingredient.

Vitamin D Poster Contest

- Have children, youth or CPNP participants design a poster about vitamin D. You could use any of the key messages as themes for the contest.

Grocery Store Scavenger Hunt

- Take CPNP participants or other groups through your local store and see how many products they can find that contain vitamin D. *[Hint: only some yogurt has vitamin D, check the Nutrition Label]*

Sources of Vitamin D

- Vitamin D supplements
- Maqtaaq
- Seal liver
- Arctic char
- Milk
- Chocolate milk
- Soy beverages (check the label)
- Eggs
- Fish like salmon, tuna and sardines
- Yogurt (check the label)
- Margarine

Story Telling / Group Discussion

In a group, have members share stories about taking vitamin D. Some prompting questions include:

- What was your experience taking vitamin D and prenatal supplements while pregnant and/or breastfeeding?
- What was your experience giving Baby Ddrops? *[Remind participants that Baby Ddrops™ are free at health centres]*
- How do you give your children over 2 years old vitamin D? *[Remember multivitamins are often free at the health centre for children under 6 years of age – check with yours!]*

When someone identifies a problem that they had, ask others in the group if they have any suggestions for that person. Refer to the key messages and the handouts in the toolkit for more information.

Vitamin D Memory Dice Game

Materials: 2 dice, 4 sheets of paper, marker or pen

Preparation:

- Cut up sheets of paper, write down each food with vitamin D (see box above) on two pieces of paper (to form a pair)

Directions:

1. Form a circle and mix papers face down in the middle
2. Choose a number between 1 and 6 (i.e. '5')
3. Each person around the circle takes turns rolling both dice
4. When someone rolls doubles of the chosen number, (i.e. double 5s) then it's that person's turn
5. They go into the middle and flip over two pieces of paper, if it is a match (i.e. Milk and Milk) then they pick it up and keep the pair, if they do not match they flip them over and turn over two more until they find a pair
6. They continue until the next person rolls doubles of the chosen number, at that time they take the pairs they found with them back in the circle
7. The person with the most pairs at the end wins
8. Debrief by reminding participants of the key messages