

Vitamin D

Worksheet

Instructions: Complete the following questions to learn more about vitamin D. You can do this by yourself, with someone else, or with a group.

1 Circle the foods you think contain Vitamin D.



2 True or False?

Choose whether the following statements are true or false.

- Our skin can make vitamin D from the sun.
 True False
- The sun is strong enough to give Nunavummiut all the vitamin D they need.
 True False
- Pregnant and breastfeeding women, infants, children and elders should take a daily vitamin D supplement all year round.
 True False

Vitamin D is important for babies and children. It helps build strong, healthy bones and teeth. Taking vitamin D every day prevents babies and children from getting a disease called rickets. Rickets is a painful disease where bones get soft and bend.

3 Question and Answer

Babies and children under 2 years of age should take a liquid supplement called Baby Ddrops™. It is available at all health centres. Babies and children under 2 years of age need 2 drops (800IU) of Baby Ddrops™ daily. The drops have no taste, colour or smell. They will not stain teeth.

What are three ways to give baby Ddrops™?

- _____
- _____
- _____