

A photograph of two children, a girl on the left and a boy on the right, standing at a table. The girl is wearing a black long-sleeved shirt and is peeling a banana on a red plate. The boy is wearing a yellow polo shirt and is holding a large head of green lettuce. On the table, there are several other items: a red tomato, a yellow banana, and some green leafy vegetables. The background is a brick wall.

THE POWER OF THIS SUPER NUTRIENT FOR KIDS

VITAMIN C

FITNESS FINDERS

NATIONAL VITAMIN C DAY - APRIL 4TH
HELP KIDS UNDERSTAND THE BENEFITS OF VITAMIN C,
WHERE TO FIND IT, AND HOW TO INCLUDE IT IN THEIR
DAILY DIET CAN SET THEM UP FOR LIFELONG HEALTHY
HABITS.

NATIONAL VITAMIN C DAY IS A PERFECT OPPORTUNITY FOR PARENTS AND EDUCATORS TO TEACH KIDS ABOUT THE IMPORTANCE OF THIS ESSENTIAL NUTRIENT. VITAMIN C ISN'T JUST SOMETHING WE HEAR ABOUT WHEN WE HAVE A COLD - IT PLAYS A KEY ROLE IN KEEPING OUR BODIES STRONG AND HEALTHY.



A HEALTHY HABIT FOR LIFE

NATIONAL VITAMIN C DAY IS A GREAT REMINDER TO TEACH KIDS ABOUT THE POWER OF HEALTHY FOODS. BY MAKING NUTRITION EXCITING AND HANDS-ON, WE CAN HELP CHILDREN DEVELOP A LOVE FOR FRUITS AND VEGETABLES THAT WILL BENEFIT THEM FOR A LIFETIME.

WHY VITAMIN C IS IMPORTANT FOR KIDS

3.

Vitamin C is like a superhero nutrient, helping the body in many ways, including:

1. Boosts the Immune System

Vitamin C helps fight off colds and infections by strengthening the immune system, making it easier for kids to stay healthy and active.

2. Heals Cuts and Wounds

Got a scraped knee from playing outside? Vitamin C helps the body heal wounds faster and keeps skin healthy.

3. Builds Strong Bones and Teeth

Vitamin C plays a role in forming collagen, which helps build strong bones, teeth, and even healthy gums.

4. Keeps the Body Energized

It helps the body absorb iron, which is important for keeping energy levels up and preventing tiredness.

5. Acts as a Powerful Antioxidant

Vitamin C helps fight off harmful substances called free radicals, protecting cells and keeping the body strong.



WHERE CAN KIDS FIND VITAMIN C?

4.

The best way to get Vitamin C is through fruits & vegetables! Some of the best sources include:

- Oranges, tangerines, & clementines.
- Strawberries, kiwis, & pineapple
- Mangoes & papaya
- Bell peppers (especially red ones)
- Broccoli, spinach, & tomatoes

Teaching kids about these foods can be fun - let them help pick out colorful fruits and veggies at the grocery store, or try a “Vitamin C Rainbow Challenge” to eat different colored foods each day!



FUN WAYS TO TEACH KIDS ABOUT VITAMIN C

5.

Making nutrition fun helps kids remember and enjoy learning about healthy eating. Here are some creative ways to celebrate National Vitamin C Day:

1. Vitamin C Taste Test

Gather various vitamin C-rich fruits and vegetables, and let kids try them. Have them describe the taste, texture, and color. Which one is their favorite?

2. DIY Citrus Science Experiment

Show kids how Vitamin C keeps things fresh! Cut an apple in half and rub one side with lemon juice (rich in Vitamin C), leaving the other side as is. Check after a few hours and see which side stays fresher!

3. Make a Vitamin C Smoothie

Let kids blend their own “Super C Smoothie” using oranges, strawberries, and spinach. They’ll love drinking their nutrients!

4. Read a Fun Nutrition Book

Find books about healthy eating and vitamins, like “Why Should I Eat Well?” by Claire Llewellyn, to teach kids why nutrients matter.

5. Play “Vitamin C Detective”

At home or in the classroom, hide picture cards of different Vitamin C foods and have kids find them. Once they collect all the cards, talk about why each food is good for them.



FUN & INTERESTING FACTS ABOUT VITAMIN C FOR EDUCATORS

6.

Vitamin C is an essential nutrient that plays a big role in keeping us healthy. Here are some fun and engaging facts to share with young adults:

1. Vitamin C is a Superhero for your Immune System

It helps your body fight off colds and infections by boosting white blood cells, which act like the “security guards” of your immune system.

2. Your Body Can’t Make or Store Vitamin C

Unlike some animals, humans must get Vitamin C from food or supplements because our bodies don’t produce it naturally. This means eating a variety of fruits and vegetables daily is important!

3. Oranges Aren’t the Best Source of Vitamin C

While oranges are famous for their Vitamin C content, foods like red bell peppers, kiwi, strawberries, and broccoli have more vitamin C per serving!

4. Vitamin C Helps Keep Your Skin Glowing

It’s a key ingredient in many skincare products because it helps your body produce collagen, which keeps your skin firm and youthful.

5. It Was The First Vitamin to be Discovered!

Vitamin C was identified in the 1920s when scientists were studying scurvy, a disease sailors got from not eating enough fresh fruits and vegetables.



FUN & INTERESTING FACTS ABOUT VITAMIN C FOR EDUCATORS

7.

Vitamin C is an essential nutrient that plays a big role in keeping us healthy. Here are some fun and engaging facts to share with young adults:

6. It Can Help Reduce Stress

Studies show that Vitamin C helps lower cortisol, the hormone related to stress. So, eating Vitamin C rich foods may help you stay calm under pressure!

7. Cooking Can Destroy Vitamin C

Vitamin C is sensitive to heat and air, so cooking fruits and vegetables for too long can reduce their Vitamin C content. Eating them raw or lightly steamed is the best way to get the most benefits!

8. It Helps Your Body Absorb Iron

Vitamin C boosts iron absorption from plant-based foods like spinach and beans, which helps prevent anemia and keeps your energy levels up.

9. Some animals Make Their Own Vitamin C

Unlike humans, animals like dogs, cats, and rats produce their own Vitamin C in their liver! But guinea pigs, like humans, need to get it from food.

10. Mega-Doses Won't Prevent Colds

While Vitamin C helps support your immune system, taking extra-large doses won't prevent a cold. However, it may help shorten how long a cold lasts!



ENCOURAGING KIDS TO EAT MORE VITAMIN C

8.

Even picky eaters can enjoy Vitamin C rich foods with these simple tricks:

- Make fruit kabobs - stack colorful fruits on skewers for a fun, healthy snack.
- Freeze fruit popsicles - blend Vitamin C rich fruits with yogurt and freeze for a cool treat.
- Add citrus slices to water - a little orange or lemon in water makes hydration more fun!
- Let kids help prepare meals - they're more likely to eat what they help make!

