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Alphabet Nutrients

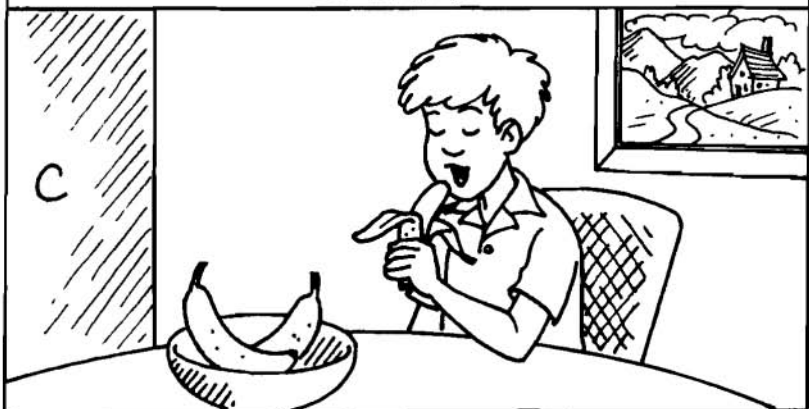
The Importance of Vitamins

What You Need to Know

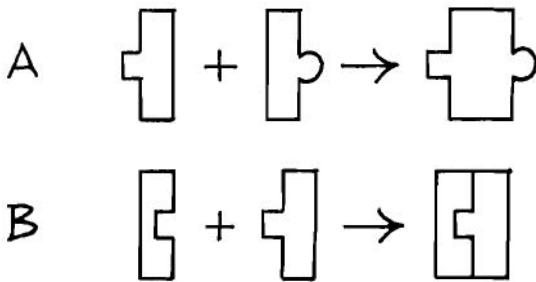
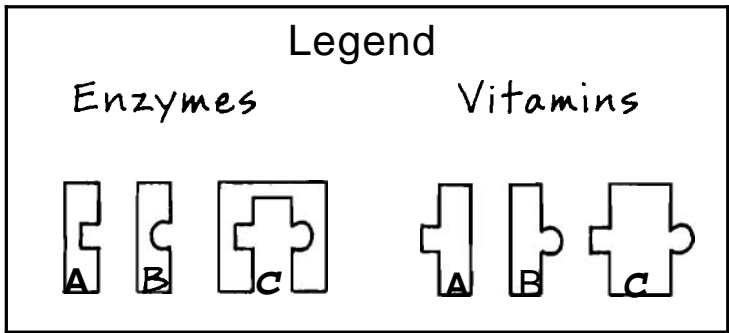
Vitamins are **organic substances** (substances that contain carbon and come from living things) that your body needs for normal growth and **metabolism** (one or the total of all chemical processes necessary for life). There are many different vitamins and they are named with letters from the alphabet: **A**, **C**, **D**, **E**, **K**, and eight different **B**'s (**B**., **B**.,, etc.) Only vitamins **D** and **K** can be made in your body. You must eat foods that have the other essential vitamins you need.

Vitamin **D** helps the body use substances necessary to make bones hard. If you are in the sun for 30 to 60 minutes every week or two, your body can make all the vitamin **D** it needs. You can also get vitamin **D** from egg yolks, fish, and fortified foods. **Fortified foods** contain one or more nutrients that do not occur naturally and are added sometime during processing. **Milk** is fortified with vitamin **D**.

Vitamin **K** helps the blood to **clot** (form a mass or lump). **About** half of the vitamin **K** your body needs is manufactured by bacteria in your body; the remainder must come from the **things** you eat. Spinach and other green leafy vegetables, **whole** grains, potatoes, and cabbage are good vitamin **K** sources.



2. Which figure, A or B, represents the way in which many vitamins are used in your body?



Activity: BROWN BANANA

Purpose To determine if a vitamin can prevent the browning of fruit.

- Materials**
- pen
 - 2 paper plates
 - dinner knife
 - banana
 - 3 vitamin C tablets (100 mg work well)
 - cutting board
 - rolling pin
 - spoon
 - timer

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Risers

Leavening and Leavening Agents

What You Need to Know

Leavening is a process by which gases make dough and batter rise. Dough and batter are flour-and-liquid mixtures. Dough can be shaped, and batter can be poured. There are three types of leavening gases (gases that leaven (inflate) baked products and make them light and fluffy): carbon dioxide, air, and steam. Carbon dioxide is the most commonly used leavening gas. Substances that produce leavening gases are called leavening agents. Baking soda, baking powder, and yeast are leavening agents that when mixed with a liquid, one of the products is carbon dioxide gas.

Baking soda's chemical name is sodium bicarbonate. When this chemical is combined with an acidic liquid, such as buttermilk, sour milk, or molasses, carbon dioxide gas is formed.

