



Word Salad

Poetry. Colors. Vitamins and Minerals

Vitamin A is easy to recall,
found in orange foods eaten in Summer & Fall;
when your diet is low,
eyes become weak and skin loses its glow

Vitamin B (1, 2, 3, 5, 12)
Brown foods are good to balance your plate,
eating portion sizes helps with digestion rate

Vitamin C
Citrus is where you can meet your needs,
too much you can't have because it will cover your
healthy skin with sweat beads

Vitamin D
Don't spend too much time in the SUN
15 minutes a day provides you so you can have
your daily fun

Vitamin E
Elementary foods like greens and whole grain,
is where you'll find this easy to eat vitamin



Vitamin K
Kale and other leafy green,
will help blood clotting when kids on the playground
get mean

Iron gives me energy to grow and run,
it helps me develop and helps me have fun;
if I do not eat meat, fish, eggs and beans,
I will be tired and cold to an extreme

Copper helps my Iron work,
it helps give me that extra perk;
without eating liver, beans and fish
my hair may thin and for my growth I can wish

Magnesium improves my digestion and
muscles, which makes me better able to hustle;
give me lots of vegetables and whole grain,
then my eating will not be in vain



Phosphorus
is made for us;
it puts a healthy smile on us;
if there is not enough meat, poultry and fish in us;
we become very tire "ous"

Potassium keeps me from going dry,
it help with making my energy level high;
if I do not have good intake,
dehydration will cause my skin to flake



Calcium helps my teeth and bones,
if I get growing pains it lessens the moans;
when I eat my milk and cheese,
it keeps me from getting osteoporosis

Folic Acid connects my brain and spinal cord,
to make me smart so I don't get bored;
if you do not get folic acid when you are pregnant
with me,
anemia, diarrhea, and birth defects is what can be

Sodium comes from the salt,
it's also from fast foods I eat with my shake of malt;
it helps my body balance fluid,
but too much can mess up the good that you did!



Flouride is in my water and toothpaste,
it is clear and has no taste;
but be careful, with not enough,
my bones will be brittle, and start to sluff

