

**PEPPER LESSON 3 HOMEWORK: TEACHER**

**“Vitamin C,” “Vitamin C Plant Sources,” and “How Much Vitamin C Do You Need?”**

Read these three articles and answer the following questions in complete sentences.

Each article has numbered sections. Your job is to not only answer the questions, but also to write down where you found the information. There may be more than one place where you can find the answer. List all the locations where the answers can be found using the name of the article(s) and the section number(s).

**EXAMPLE**

Question	Answer in complete sentences	Articles where answer can be found	Section Number
What is Vitamin C?	Vitamin C is an important water-soluble vitamin for our bodies so our bodies will work. It is one of 13 vitamins we need to be healthy. Another name for it is ascorbic acid.	“Vitamin C”	1
		“How Much Vitamin C Do You Need?”	4
		“Vitamin C Plant Sources”	1

**VITAMIN C QUESTIONS**

Question	Answer in complete sentences These answers will vary and the answers given here are just suggestions.	Articles where answer can be found. You can abbreviate the article name.	Section Numbers
1. Describe what a water-soluble vitamin is in your own words.	Water-soluble vitamins can dissolve when put in water. This means that if you take more than your body needs, they will pass out of your body.	Vitamin C	1
		How Much Vitamin C Do you Need?	4
2. Vitamin C is a water-soluble vitamin. In your own words, state three things it does to help our bodies.	(There can be several answers here. See the articles.)	Vitamin C	2
		How Much Vitamin C Do You Need?	5
3. What problems could you have when you don't get enough Vitamin C?	There are several problems you can have if you don't get enough Vitamin C. You could have trouble healing. Your hair and skin could get too dry. Your teeth might fall out and you would bruise easily. A very serious problem would be to get scurvy.	Vitamin C	4
		How Much Vitamin C Do You Need?	5

Question	Answer in complete sentences	Articles where answer can be found. You can abbreviate the article name.	Section Numbers
<p>4. Vitamin C is said to <b><u>decompose</u></b> and <b><u>leach</u></b>. Explain in your own words what these two words mean.</p>	<p>When vitamin C decomposes, it breaks down and loses the ability to help your body. This can happen when you cook the foods with vitamin C at a too hot temperature or for too long. Frying and grilling foods are two ways that can cause this to happen.</p> <p>Leaching means that something is being taken out by water. Vitamin C can get dissolved in water when the food is boiled. If you pour out the water you cooked your dinner in, you probably poured out a lot of vitamin C also.</p>	<p>Vitamin C Plant Sources</p> <p>Vitamin C Plant Sources</p>	<p>3</p> <p>4</p>
<p>5. Name 10 sources of Vitamin C that your family eats regularly.</p>	<p>(There can be a variety of answers here.)</p>	<p>Vitamin C Plant Sources</p> <p>Vitamin C</p> <p>How Much Vitamin C Do You Need?</p>	<p>2</p> <p>3</p> <p>8</p>
<p>6. What is your favorite Vitamin C food and give 3 reasons why that food is your favorite?</p>	<p>(This answer should not only give a food source for Vitamin C, but also have 3 good reasons for that choice.)</p>	<p>(There may not be an article given here for this answer.)</p>	