



VITAMINS & MINERALS

Vitamins and minerals are like tiny superheroes that keep our bodies strong and healthy. There

are two kinds of vitamins: water-soluble vitamins, like Vitamin C, our cold-fighter vitamin, and fat-soluble vitamins, like Vitamin A, which helps keep our eyes sharp. Then there's calcium for strong bones and iron to keep blood healthy. Potassium helps with energy and Zinc keeps nails in great shape.

WORD SEARCH

Zinc	Carrots	Soup	Spinach
Blood	Iron	Magnesium	Vitamins
Potassium	Chillies	Tomatoes	Brain

Z	C	R	R	S	P	I	N	A	C	H
Y	P	E	O	O	T	C	V	I	H	E
S	O	U	P	B	L	O	O	D	I	Z
P	T	O	M	A	T	O	E	S	L	C
M	A	G	N	E	S	I	U	M	L	R
R	S	E	B	L	L	R	S	Z	I	R
C	S	M	R	Z	R	O	O	I	E	Y
V	I	T	A	M	I	N	S	N	S	Z
R	U	C	I	K	E	C	B	C	E	A
H	M	R	N	C	A	R	R	O	T	S



EXPLORING FOOD

RAINBOW SALAD JAR

You will need a clean glass jar that has a lid, like a jam jar.

Salad Ingredients

(you can use any vegetables and fruit you like)

Purple Cabbage
Blueberries
Shelled Edamame
Cucumber
Bell Peppers
Carrots
Tomatoes
Spinach

Salad Dressing

Olive Oil
Lemon Juice
A spoon of honey
Seasonings – Sea salt, black pepper, and a herb if you fancy



Method

1. Make the dressing by mixing the olive oil, honey and lemon together and season with salt and pepper and some herbs like oregano.
2. Chop up your cucumber and tomatoes and shred your cabbage and carrots.
3. Get layering – place your dressing at the bottom of the jar and then layer up the vegetables ending with the spinach.
3. Cover each jar tightly, and store it in the fridge. When you're ready to eat, flip the ingredients onto a plate, and enjoy!

We'd love to hear about your Rainbow Salad Jar! You can email us on: junior@rte.ie or tag us on social media @rtejr

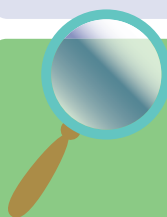


Science of Sense Food is a 6 part radio series for RTEJr presented by Hazel Bermingham and Professor Theodore Bumbledumm. In this episode junior scientists Mae Carroll and Isla Ryan went to TU Dublin School of Food Science and Environmental Health to meet with Dr Orla Cahill to find out about Vitamins and Minerals. With outside reporting at TU Blanchardstown by Marco Acosta and Jack Ho interviewing Dr. Rachel Freeman and a recipe from Science of Sense Chef Matthew Ryder Klein.



GET EXPLORING

Science of Sense junior scientists Mae Carroll and Isla Ryan asked Food Scientist Dr. Orla Cahill about Vitamins and Minerals. What other question would you like to know the answer to? And how can you find out the answer?



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