

## Strong Bones

Written by Kelly Hashway

Grace sat down at the kitchen table and dug right into the eggs and toast her mother had made for her.

"Whoa, slow down," her mother said. "You don't want to choke." Her mother sipped her coffee and reached for a bottle of vitamins on the table.

"Why do you take those every morning?" Grace asked.  
"What are they?"

Her mother took a vitamin from the bottle, placed it on her tongue, and took another sip of coffee to swallow it. Putting her cup back down on the table, she said, "It's a special vitamin with Calcium to make my bones stronger." She stood up. "I have to get ready for work. Finish eating."

Grace nodded and took another bite, but her eyes didn't leave the bottle of vitamins. "I want strong bones, too," Grace thought. She reached for the bottle and read the label. "These vitamins are supposed to keep you healthy. Maybe I should take some."



### Things to Discuss:

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4. Vitamins can be healthy for most people, but Grace should not take a vitamin pill unless it is given to her by a parent. Why?
5. When can vitamins be dangerous? When can they be healthy?

# Teacher's Discussion Guide

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Read and discuss.

1. In the story, Grace's mother takes a vitamin pill. You can also get vitamins from the foods you eat. Do you know the names of any specific vitamins?

Some vitamins that kids may know about may include: Vitamin A, Vitamin C, Vitamin D, and Calcium.

(Note to Teachers: Calcium is not technically a vitamin. It's a mineral or an element. But it is necessary for strong bones and is found in many foods and vitamin pills. It is often informally referred to as a vitamin.)

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No! She should never take a vitamin unless they are given to her by a parent.

4. Vitamins can be healthy for most people, but Grace should not take a vitamin pill unless it is given to her by a parent. Why?

Adult vitamins are often different from a children's vitamins. Also, if the wrong dose is taken, Grace could become very sick.

5. When can vitamins be dangerous? When can they be healthy?

Eating too many vitamins can be dangrous. Also, specific vitamins are made for specific people. There are vitamins pills specially made for children, while others are made for adults. There are also special vitamins for elderly people. Sometimes doctors recommend a special mixture of vitamins to keep people healthy.

Everyone needs vitamins. When you don't get enough in your food, a vitamin pill can be healthy. But you should only take a vitamin with a parent's permission.