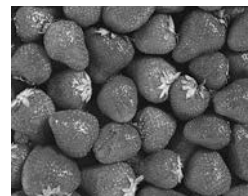


Name:..... Date:.....

Vitamins

Many people buy vitamin pills. A study by scientists at the University of Oxford followed 20,500 high risk people for five years. In their report, the scientists claimed that vitamins did nothing to help the participants' health. The scientists said that people would be better off eating fresh fruit and vegetables.



The pill thrill: are vitamins a waste of money?

What do you think? Are vitamin pills a waste of money?

To help you, here are some views about taking vitamin pills.

Steve says:

'You don't need to take vitamin pills if you eat a balanced diet. People who don't eat a balanced diet get what they deserve.'

Mary says:

'I have a stressed lifestyle so don't have time for regular meals. I need vitamin pills to help me stay healthy.'

Sunita says:

'My Grandad is 84 and has never taken a vitamin pill in his life. He is fit and healthy. Vitamin pills are not needed for a long life.'

Anil says:

'Vitamin pills are only needed for people at risk of deficiency diseases.'

What you need

Working in groups

Read the different viewpoints and place them in a rank order from 1 (most agree) to 4 (least agree). You must give a separate ranking to all the viewpoints.

Make sure you have good reasons to support your rankings, and that everyone in the group agrees. Elect a spokesperson to give your group's rankings and reasons to the class.

Agree on an answer to the question, giving evidence in support.



Rankings

Rank 1:

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Reason:

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Rank 2:

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Reason:

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Rank 3:

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Reason:

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Rank 4:

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Reason:

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Cards

Steve says:

You don't need to take vitamin pills if you eat a balanced diet. People who don't eat a balanced diet get what they deserve.

Mary says:

I have a stressed lifestyle so don't have time for regular meals. I need vitamin pills to help me stay healthy.

Sunita says:

My Grandad is 84 and has never taken a vitamin pill in his life. He is fit and healthy. Vitamin pills are not needed for a long life.

Anil says:

Vitamin pills are only needed for people at risk of deficiency diseases.



Note: This resource can be downloaded as part of a set of activities investigating the chemistry of vitamins (<https://rsc.li/3dfql2l>) or for use with a lesson plan for 14–16 year olds exploring the scientific evidence behind vitamin pills and supplements (<https://rsc.li/2FkqWZQ>).