

Badgery Science Fun 14

Like us, badgers suffer from health problems. One of the diseases they can get is bovine tuberculosis, (bTB). It's a nasty disease of the lungs. Cows and other animals, including humans can get it too.

One farmer thinks he might have found the answer to keeping his badgers healthy. He has been feeding the badgers on his farm the same mixture of vitamins and minerals that he feed to his cows to keep them from catching the disease. It does seem to have worked. Other farmers are now looking at how he has done it.



You've probably heard your parents say, "Eat up your greens. They are full of vitamins!" But what exactly are vitamins?

Vitamins and minerals are in the foods you eat. We need them to make our bodies work properly and to keep us healthy.

They all have jobs to do:

- Vitamin A is found in vegetables such as carrots, spinach and also in nectarines and eggs. They help with your eyesight, your skin and to help you grow.
- Vitamin B is found in leafy vegetables, such as cabbage, grains, meat, dairy produce and eggs. It helps your body make protein to help you grow and your body to repair itself and to give you energy
- Vitamin C is found in fruit such as oranges, cabbage, broccoli and tomatoes. It helps you fight infection and to heal your cuts.
- Vitamin D is found in milk, eggs, and fish. It helps your bones and teeth develop.
- Vitamin E helps your body tissue stay healthy and help you develop red blood cells. You can find it in grains, leafy vegetables, nuts, sardines and eggs.
- Vitamin K helps your cuts heal by helping blood to clot. It's found in leafy vegetables, pork, dairy produce and liver.

Minerals and Trace Elements

We also need minerals and trace elements in small amounts to keep us healthy. We need them to build strong bones and teeth. They also help us to turn our food into energy, produce red blood cells and keep our nerves and muscles working properly.

We've all heard of calcium for our teeth. We also need iron for our blood. Zinc and fluoride are also good for us.

We can find them in fish, meat, milk, dairy produce, vegetables, nuts and fruit.



Look at the pie chart below. Can you work out where the badgers will get their vitamins and minerals?



	Foods
Vitamin A	Green plants and roots. Birds' eggs.
Vitamin B	Green plants, cereals, worms, insects, mammals, small birds.
Vitamin C	Fruits, green plants.
Vitamin D	Birds' eggs.
Vitamin E	Cereals, green plants, nuts, eggs.
Vitamin K	Green plants, mammals and small birds (livers).
Calcium	Worms, mammals, birds, insects,
Iron	Worms, mammals, birds, insects, green plants, nuts and fruit.