Name: _____ Date: _____

Why Sailors Packed Lemons

Circle group

Long ago, sailors spent many months at sea on wooden ships. Fresh food went bad fast. So crews ate hard biscuits and salted meat. After a few months, many sailors grew weak and tired. Their gums were sore. Small cuts took a long time to heal. The sickness was called scurvy.

For a long time, no one knew the cause. Then ship doctors saw a pattern. Sailors who ate oranges and lemons got better. Some captains began to carry citrus fruit and juice on long trips. Fewer people got sick.

Scientists later found the reason. Citrus fruit is full of vitamin C. A vitamin is something your body needs in a small amount to stay healthy. Your body cannot make vitamin C, so you must get it from food. Without it for many weeks, a person can get scurvy.

Today scurvy is rare, because fresh food is easy to find. You can get vitamin C from oranges, strawberries, red peppers and broccoli. The old sailors never knew the word vitamin. But their lemons did important work.

Questions

1. What did sailors eat most on long trips?

_____

_____

2. What was the sickness called?

_____

_____

3. What did ship doctors see about sailors who ate oranges and lemons?

_____

_____

4. Why must you get vitamin C from food?

_____

_____

5. Can you name two foods with vitamin C?

_____

_____

6. Why did sailors not have fresh fruit?

_____

_____

Words to know

scurvy: an illness caused by not getting enough vitamin C
citrus: fruits like oranges, lemons and limes
vitamin: something in food your body needs to stay healthy

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Why Sailors Packed Lemons

Triangle group

Long ago, sailors spent many months at sea on wooden ships. Fresh food spoiled quickly, so crews ate mostly hard biscuits and salted meat. After a few months, many sailors grew weak and tired. Their gums became sore, and small cuts took a long time to heal. The sickness was called scurvy.

For a long time, nobody knew what caused it. Then ship doctors began to notice a pattern. Sailors who ate oranges and lemons got better. Some captains started to carry citrus fruit and juice on long trips, and fewer people became sick.

Scientists later found the reason. Citrus fruit is full of vitamin C. A vitamin is something your body needs in small amounts to stay healthy. Your body cannot make vitamin C by itself, so you must get it from food. Without it for many weeks, a person can get scurvy.

Today scurvy is rare in most places, because fresh food is easy to find. You can get vitamin C from oranges, strawberries, red peppers and broccoli. The old sailors never knew the word vitamin, but their lemons were doing important work.

Questions

1. What did sailors eat most on long trips?

_____

_____

2. What was the sickness called?

_____

_____

3. What did ship doctors notice about sailors who ate oranges and lemons?

_____

_____

4. Why must you get vitamin C from food?

_____

_____

5. Can you name two foods that have vitamin C?

_____

_____

6. Why was fresh fruit missing from the sailors' diet?

_____

_____

Words to know

scurvy: an illness caused by not getting enough vitamin C
citrus: fruits like oranges, lemons and limes
vitamin: something in food your body needs to stay healthy
spoiled: gone bad and not safe to eat

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Why Sailors Packed Lemons

Square group

Long ago, sailors spent many months at sea aboard wooden ships. Fresh food spoiled quickly, so crews lived mostly on hard biscuits and salted meat. After a few months, many sailors grew weak and exhausted. Their gums became sore, and even small cuts took a long time to heal. The sickness was known as scurvy.

For a long time, nobody understood what caused it. Eventually, ship doctors began to notice a pattern. Sailors who ate oranges and lemons recovered. Some captains started to carry citrus fruit and juice on long voyages, and fewer people became ill.

Scientists later discovered the reason. Citrus fruit is rich in vitamin C. A vitamin is something your body needs in small amounts to stay healthy. Your body cannot make vitamin C by itself, so you must obtain it from food. After many weeks without it, a person can develop scurvy.

Today scurvy is rare in most places, because fresh food is easy to find. You can get vitamin C from oranges, strawberries, red peppers and broccoli. The old sailors never knew the word vitamin, but their lemons were doing important work.

Questions

1. What did the crews live on during long trips?

_____

_____

2. What was the sickness known as?

_____

_____

3. What did ship doctors notice about sailors who ate oranges and lemons?

_____

_____

4. Why must you obtain vitamin C from food?

_____

_____

5. Which foods are listed as sources of vitamin C?

_____

_____

6. Why was fresh fruit missing from the sailors' meals?

_____

_____

Words to know

scurvy: an illness caused by not getting enough vitamin C
citrus: fruits like oranges, lemons and limes
vitamin: something in food your body needs to stay healthy
spoiled: gone bad and not safe to eat

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Why Sailors Packed Lemons

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Why Sailors Packed Lemons

Easier · 176 words · Flesch-Kincaid grade 3.8

1. Hard biscuits and salted meat.
2. Scurvy.
3. They got better.
4. Your body cannot make it.
5. Any two of oranges, strawberries, red peppers and broccoli.
6. Fresh food went bad fast on long trips.

Triangle: Why Sailors Packed Lemons

This passage · 185 words · Flesch-Kincaid grade 5.2

1. Hard biscuits and salted meat.
2. Scurvy.
3. They got better.
4. Your body cannot make it by itself.
5. Any two of oranges, strawberries, red peppers and broccoli.
6. Fresh food spoiled quickly on long trips, so the crews could not keep it.

Square: Why Sailors Packed Lemons

Harder · 187 words · Flesch-Kincaid grade 6.4

1. Mostly hard biscuits and salted meat.
2. Scurvy.
3. They recovered.
4. Your body cannot make it by itself.
5. Oranges, strawberries, red peppers and broccoli.
6. Fresh food spoiled quickly on long voyages, so crews could not keep it.