

MINERALS

(A study guide or a final evaluation)

Name _____

Period _____

Assign # _____

1. Minerals are found in:

2. Minerals do not provide

but they are essential because they

3. Minerals cannot be _____ by our bodies.

They must be _____ or _____ in our food.

4. There are about _____ different minerals that make up about _____ of our bodies.

5. Minerals are also divided into two groups. They are:

a.

b.

6. Macrominerals are found in

Trace minerals are found in

7. Some of the essential minerals are:

a. Macro:

b. Trace:

8. Match the following vitamins and minerals with their functions.

- | | |
|------------------|-------------------------------|
| _____ 1. Calcium | A. Prevents goiter |
| _____ 2. Iodine | B. Needed for red blood cells |
| _____ 3. Iron | C. Strong bones |

9. Identify the following as TRUE or FALSE.

- _____ Mineral supplements can improve athletic performance.
- _____ Most people do not need a mineral supplement.
- _____ Mineral supplements must be safe if they are sold in the store.
- _____ Spinach is a good source of iron.

10. On the back of the page, design an advertisement for fruits or vegetables, including information on variety and nutrition. Convince the reading that he/she should eat them.