

MINERALS
(A study guide or a final evaluation)

KEY

Name _____ Period _____ Assign # _____

1. Minerals are found in (nearly all the foods on MyPyramid).
2. Minerals do not provide (energy).
but they are essential because they (regulate the body chemistry and body functions).
3. Minerals cannot be (produced) by our bodies.
They must be (ingested) or (eaten) in our food.
4. There are about (60) different minerals that make up about (4%) of our bodies.
5. Minerals are also divided into two groups. They are:
 - a. (macrominerals)
 - b. (trace minerals)
6. Macrominerals are found in (relatively large amounts).
Trace minerals are found in (very small amounts).
7. Some of the essential minerals are:
 - a. Macro: (calcium, phosphorus, sodium, potassium).
 - b. Trace: (iron, zinc, fluorine, copper, iodine).

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

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

9. Identify the following as TRUE or FALSE.

- (F) Mineral supplements can improve athletic performance.
- (T) Most people do not need a mineral supplement.
- (F) Mineral supplements must be safe if they are sold in the store.
- (T) 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.