**Ch 10 - Vitamins & Minerals** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are Vitamins and what do they do?

Vitamins are known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because they are needed in \_\_\_\_\_\_\_\_\_\_\_\_\_ amounts.

Of the \_\_\_ vitamins that play a key role in good nutrition, only \_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - is manufactured by the body. Where do all the rest need to come from? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vitamins are classified into two groups. List them and explain who they differ:

1.

2.

Fill in the following charts to better understand how important vitamins are and why it’s important to eat the right foods to include them in your diet.

|  |  |  |
| --- | --- | --- |
| **FAT-SOLUBLE VITAMINS** | | |
| VITAMIN | ROLE IN BODY | FOOD SOURCE |
| A |  |  |
| D |  |  |
| E |  |  |
| K |  |  |

|  |  |  |
| --- | --- | --- |
| **WATER-SOLUBLE VITAMINS** | | |
| VITAMIN | ROLE IN BODY | FOOD SOURCE |
| C  (ascorbic acid) |  |  |
| B1  (thiamine) |  |  |
| B2  (riboflavin) |  |  |
| B3  Niacin |  |  |
| B6 |  |  |
| B9  Folic Acid |  |  |
| B12 |  |  |
| B5  Pantothenic acid | Pantothenic acid (also known historically as vitamin B5) is among the most important of the B vitamins for the basic processes of life. Without it, you would be unable to use fats, carbohydrates, or proteins as energy, be unable to make hormones and your immune system would collapse. | Cauliflower, Sweet Potato, Broccoli, Asparagus, celery, avocado, chicken, turkey, yogurt |

Minerals are...

Like vitamins, mineral are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A trace mineral is one that...

And they include\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

When is Iron especially important? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ And why?

Why is Calcium also very important?

What happens if you don’t get enough?

Three other important minerals- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - are known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ help maintain the balance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and you get this from what food additive? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are an excellent source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The nutrient that makes us the greatest percent of your body is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

What does it do in your body?

Your body uses about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of water a day. So you should be drinking at least \_\_\_\_\_\_\_\_\_ each day. What is another source of water? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fill in the following charts to better understand how important minerals are and why it’s important to eat the right foods to include them in your diet.

|  |  |  |
| --- | --- | --- |
| MINERALS | | |
| MINERAL | PRIMARY FUNCTION | FOOD SOURCE |
| Calcium |  |  |
| Phosphorus |  |  |
| Magnesium |  |  |
| Sodium |  |  |
| Potassium |  |  |
| Sulfur |  |  |
| Chloride |  |  |
| Iron |  |  |
| Iodine |  |  |
| Zinc |  |  |
| Selenium |  |  |
| Copper |  |  |
| Fluoride |  |  |
| Manganese |  |  |