

Study Guide

Vitamins & Minerals

Directions: Read chapter 8, and answer the following questions. Later, you can use this study guide to review.

1. What are vitamins? Why are they important to the body?

2. What do antioxidants do for the body?

3. Why do people need to consume water-soluble vitamins every day?

4. What vitamin helps resist infections and heal wounds?

5. Why is folate important for pregnant women?

6. Explain why strict vegetarians must be sure to get enough vitamin B₁₂.

7. Why might the consumption of large amounts of fat-soluble vitamins be a problem?

8. What is beta-carotene?

9. Why does vitamin D need calcium and phosphorus?

10. Which vitamin is necessary for blood clotting?

Chapter 8 Study Guide (continued)

11. List four ways that teens can build strong bones.

12. What are the three electrolyte minerals and what is their function in the body?

13. Why are people urged not to consume excess sodium?

14. Define trace minerals, and explain their function in the body.

15. Why is iron important in the body?

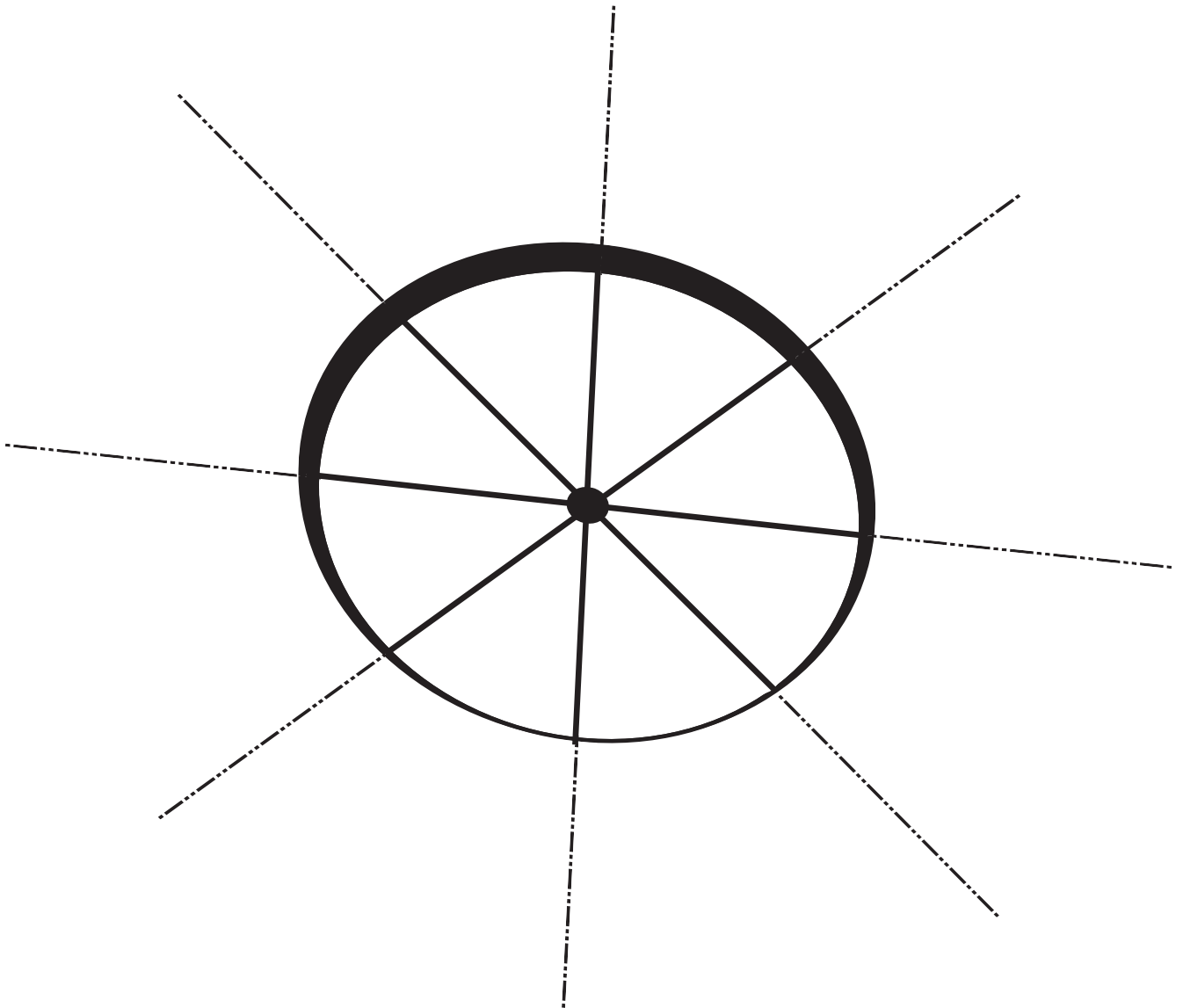
16. Why is fluoride added to drinking water?

Activity 1

Vitamins & Minerals

Eat Your Vitamins

Directions: On the wheel below, place the name of each of these vitamins (on the inner part of a spoke): A, thiamine, niacin, folate, C, D, E, and K. If water soluble, underline in blue; if fat soluble, underline in red. On the outer part of the spoke, name one food that is a good source of that vitamin. Outside the wheel, name one thing that each vitamin does in the body.

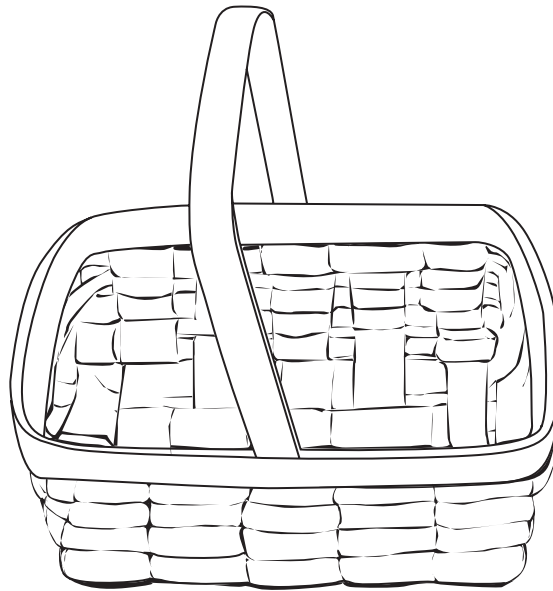


Activity 2

Vitamins & Minerals

Where Are the Minerals?

Directions: Using the drawing of the market basket below, fill it with foods that are good sources of the major minerals and a few trace minerals. Minerals to look for include calcium, phosphorus, magnesium, sodium, potassium, iron, and zinc. Write the name of the mineral and the name of a food that contains that mineral on strips of paper. Paste the strips into the market basket. Plan a meal that includes a main course, two side dishes, a beverage, and a dessert using the foods in your basket.



Meal using the foods in the market basket.
