

# FOOD, NUTRITION AND HEALTH

## WORKSHEET- MINERALS (part 1)

Answer All Questions

1. Complete the table below by placing the minerals in the correct column. (6 marks)

*PHOSPHOROUS, IODINE, CALCIUM, FLUORIDE, IRON, SODIUM*

MINERALS THAT ARE NEEDED IN MACRO (LARGE) AMOUNTS	MINERALS NEEDED IN MICRO (SMALL) AMOUNTS

2. Your mom purchased the food items in the images below. Identify the minerals present in each food item. (6 marks)



i



ii



iii



iv



v



vi

3. What is the difference between Heme Iron and Non-Heme Iron?

(2 marks)

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4. State one function for each mineral listed below.

(6 marks)

- a) Calcium \_\_\_\_\_
- b) Phosphorous \_\_\_\_\_
- c) Sodium \_\_\_\_\_
- d) Iron \_\_\_\_\_
- e) Fluoride \_\_\_\_\_
- f) Iodine \_\_\_\_\_

TOTAL 20 marks