

Minerals *Part 2* **ACTIVITY SHEET**

**SECTION 1 – Match the minerals “Calcium” and “Iron” to the term that best describes it.**

Calcium or **IRON**

| Mineral | Terms  |
|---------|--|
|         | New bone production in children and adults                         |
|         | Babies are born with a four month supply                           |
|         | Needed by the foetus for skeleton development                      |
|         | Development of a growing baby’s blood supply                       |
|         | Around age 30, this mineral starts to be lost and is not replaced  |
|         | Lost during regular menstrual cycle and must be replaced           |
|         | To keep bones and joints strong                                    |
|         | Helps with the transport of oxygen to cells for energy production  |
|         | Vegetarians can get this mineral from molasses, legumes & bok choy |

**SECTION 2 – Complete the following sentences using words from the “word bank.”**

**Word Bank:**

Oxalates

Vitamin C

Heme

Non-heme

Tannin

Phosphorus

Oily fish

Whole grain

Phytic

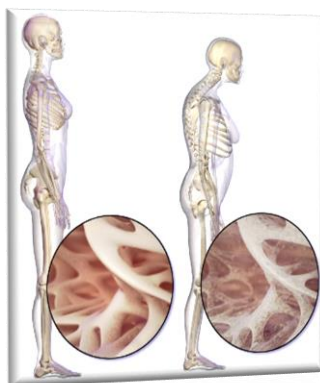
\_\_\_\_\_ iron found in animals is more readily absorbed than \_\_\_\_\_ iron which is found in plants. Foods that contain \_\_\_\_\_ enhances iron absorption from plant foods, while \_\_\_\_\_ in spinach, phytic acid from some grains, leafy vegetables and soy protein and \_\_\_\_\_ acid in tea, coffee and nuts inhibit iron absorption.

## Curriculum Planning & Development Division, Ministry of Education

Vitamin D helps to promote the absorption of \_\_\_\_\_ and calcium. A good supply of vitamin D can be found in \_\_\_\_\_. Calcium can be found in \_\_\_\_\_ cereals, but when combined with \_\_\_\_\_ acid it is made unavailable to the body.

### **SECTION 3 – Using the pictures below, identify the deficiency disease, the mineral associated with the disease and a sign/symptom of that disease.**

**Picture #1**

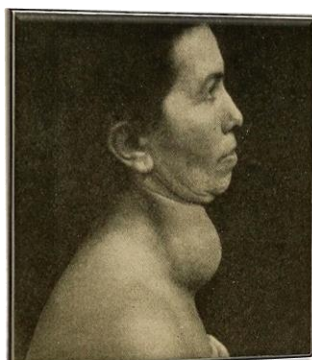


Deficiency Disease:

Associated Mineral:

Sign or Symptom:

**Picture #2**



Deficiency Disease:

Associated Mineral:

Sign or Symptom: