

COMMERCIAL FOOD PREPARATION

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

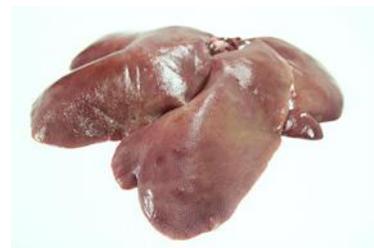
2. Your mom purchased the food items in the images below. Identify the minerals present in each food item. (6 marks)



i



ii



iii



iv



v



vi

3. What is the difference between Heme Iron and Non-Heme Iron? (2 marks)

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