

# Curriculum Planning & Development Division, Ministry of Education

## 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:

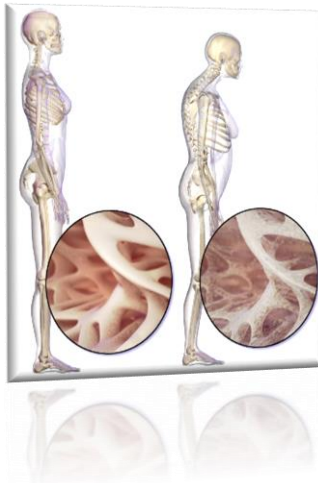
Oxalates                      Vitamin C                      Heme  
Non-heme                      Tannin                      Phosphorus  
Oily fish                      Whole grain                      Phytic

\_\_\_\_\_ 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.

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**

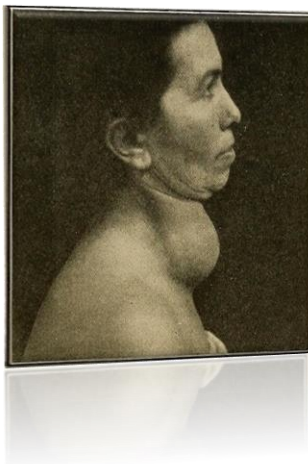


Deficiency Disease:

Associated Mineral:

Sign or Symptom:

**Picture #2**



Deficiency Disease:

Associated Mineral:

Sign or Symptom: