

Science 9-Biology

Worksheet 6-4—Vitamins and Minerals



10

Name _____

Due Date _____

Show Me Hand In

Correct and Hand In Again By _____

Read pages 111-115 of SP to help you answer the following questions:

1. What is one **microgram**? (1µg) _____
2. Why do we measure minerals and vitamins in small units like micrograms? _____

3. What are **seven minerals** that you need “larger” amounts of? _____

4. What are **four elements** that you need smaller amounts of? _____

5. Why is the mineral “**fluoride**” sometimes added to drinking water? _____

Is this done in Summerland? _____

6. Most **calcium** (Ca) in your body is found where? _____

What percentage of your body’s total mass is calcium? _____

If your body mass was 55 Kg, calculate the approximate mass of Calcium in your body in **Kg**

..... Kg

Change this to **grams**: g

7. Name **five** good sources of calcium _____

8. What **other nutrient** helps your body to absorb calcium? _____

9. In Canada, **Vitamin D** is added to _____.

10. Give **four ways** in which **calcium** is used by your body:

11. What is “**lactose intolerance**”?

How can people with lactose intolerance obtain enough **calcium**? _____

12. People who eat little or no meat in their diet may be lacking **which mineral**? _____

13. **Iron** is needed in the blood to do what? _____

14. What function does **iron** perform in your **muscle** cells? _____

15. What are two symptoms of **iron deficiency anemia**? _____

What is the cause? _____

16. **Teenage girls** often need more iron due to _____ and **teenage**

boys require more **iron** because _____

17. What problem concerning **iron** can result from eating too much ‘junk food’? _____

18. Is it possible to take **too much** iron? _____

19. Using Table 6.1 on page 112 as a guide, fill in **ALL** of the blanks in the following table:

Mineral	Function	Sources
	<i>Controls the thyroid gland</i>	
<i>Phosphorus</i>		
		<i>Meats, milk, fruits and green vegetables</i>
	<i>Necessary in order to obtain energy from sugars. Also needed for proper nerve function</i>	
<i>Iron</i>		
		<i>Dairy products, beans, salmon bones</i>
<i>Sodium</i>		

20. How did ancient sailors avoid getting **scurvy**? _____

21. What are **enzymes**? _____

22. What role do **vitamins** play in the work of **enzymes**? _____

23. Which vitamin is **produced by bacteria** in your intestine? _____

What is the **function** of this vitamin? _____

24. Suggest why people often take **cod liver oil** or **halibut liver oil** capsules during the winter months. _____

25. Which **three vitamins** help release energy from **carbohydrates**? _____

26. Which vitamin is important for **skin**, **hair** and **eyes**? _____

List **six main sources** of this vitamin _____

27. What **three** vitamins can be obtained by eating **enriched whole grain** cereals? _____

28. **Riboflavin** is another name for vitamin _____. Name **six sources** of this vitamin.

29. Which vitamin helps maintain **healthy teeth and gums**? _____

What are **5 sources** of this vitamin? _____

30. Another name for **Vitamin B3** is _____. Give **six sources** of this vitamin. _____

31. **Thiamine** is another name for Vitamin _____.

32. Which vitamin can be found in **vegetable oils** and **margarine**? _____

What is the main **function** of this vitamin? _____

33. **Vitamin D** helps your body to absorb _____ and vitamin C helps your body to absorb _____.

34. What are the two **water-soluble vitamins**? _____ and _____.

35. What are the two best ways to eat vegetables in order to obtain the **maximum amount** of vitamins B and C? _____

36. What does your body do to **excess** vitamin B or C that you might consume? _____

37. List the four **fat-soluble vitamins** _____

The **fat soluble vitamins** are often found in foods like _____

38. What are the symptoms of taking **too much Vitamin A** supplement? _____

39. Foods that are supposed to contain minerals **might not have enough** of these minerals in them. Suggest a reason for this. _____

40. Suggest a reason that **completely eliminating fat** from your diet may be harmful. _____
