

Minerals: Regulators of Body Functions

9

Mineral Match

Activity A

Name _____

Chapter 9

Date _____ Period _____

Match the following terms and identifying phrases.

- _____ 1. An inorganic element needed in small amounts to perform various functions in the body.
- _____ 2. Mineral required in the diet in an amount of 100 or more milligrams per day.
- _____ 3. Mineral required in the diet in an amount of less than 100 milligrams per day.
- _____ 4. A condition that results when bones become porous and fragile due to a loss of calcium.
- _____ 5. The time in a woman's life when menstruation ends due to a decrease in production of the hormone estrogen.
- _____ 6. An abnormal cessation of menstrual periods.
- _____ 7. The movement of water across cell membranes to equalize the concentrations of mineral particles on each side of the membrane.
- _____ 8. A compound that has a pH lower than 7.
- _____ 9. A term used to express the measure of a substance's acidity or alkalinity.
- _____ 10. An iron-containing protein that helps red blood cells carry oxygen from the lungs to cells throughout the body and carbon dioxide from body tissues back to the lungs for excretion.
- _____ 11. A condition in which the number of red blood cells decline, causing the blood to have a decreased ability to carry oxygen to body tissues.
- _____ 12. A substance that acts with enzymes to increase enzyme activity.
- _____ 13. A hormone produced by the thyroid gland that helps control metabolism.
- _____ 14. An enlargement of the thyroid gland.
- _____ 15. Severe mental retardation and dwarfed physical features of a child caused by the mother's iodine deficiency during pregnancy.
- _____ 16. A spotty discoloration of teeth caused by high fluoride intake.

- A. acid
- B. amenorrhea
- C. base
- D. cofactor
- E. cretinism
- F. fluorosis
- G. goiter
- H. hemoglobin
- I. iron-deficiency anemia
- J. macromineral
- K. menopause
- L. micromineral
- M. mineral
- N. myoglobin
- O. osmosis
- P. osteoporosis
- Q. pH
- R. thyroxine

Go to the Source

Activity B

Name _____

Chapter 9

Date _____ Period _____

Complete the following chart by listing functions and food sources of each of the listed minerals. Then answer the questions at the bottom of the page.

Minerals	Functions	Sources
Calcium		
Phosphorus		
Magnesium		
Sulfur		
Sodium		
Potassium		
Chloride		
Iron		
Zinc		
Iodine		
Fluoride		
Selenium		
Copper		
Chromium		
Manganese		
Molybdenum		

Do you eat food sources of each of the above minerals every day? _____

If not, which minerals may be lacking in your diet? _____