

Mineral Mysteries

Activity C

Chapter 9

Name _____

Date _____ Period _____

Choose the best response to complete each statement about mineral deficiencies and excesses. Write the letter in the space provided.

- _____ 1. A gradual loss of bone density can result from a deficiency of _____.
A. calcium B. magnesium C. phosphorus D. sulfur
- _____ 2. A great excess of _____ in the diet can cause fluorosis.
A. chloride B. fluoride C. potassium D. sodium
- _____ 3. A deficiency of _____ can result in anemia.
A. copper B. fluoride C. iodine D. zinc
- _____ 4. Excessive amounts of _____ can cause liver damage and is a leading cause of accidental poisoning among children in the U.S.
A. copper B. chromium C. iron D. selenium
- _____ 5. For people who are sensitive to this mineral, excess _____ can provoke hypertension.
A. calcium B. manganese C. molybdenum D. sodium
- _____ 6. Goiter may be the result of a(n) _____ deficiency.
A. magnesium B. iodine C. iron D. phosphorus
- _____ 7. Heart malfunction, along with muscle cramps, constipation, loss of appetite, and confusion, can be symptoms of a _____ deficiency.
A. calcium B. potassium C. iodine D. sulfur
- _____ 8. Impaired glucose metabolism may be caused by a deficiency of _____.
A. calcium B. chloride C. chromium D. copper
- _____ 9. Nausea, hair loss, and nerve damage are symptoms associated with an excess of _____.
A. selenium B. sodium C. sulfur D. zinc
- _____ 10. Poor calcium absorption can be caused by excess _____ in the diet.
A. fluoride B. iodine C. phosphorus D. potassium
- _____ 11. The most common type of anemia is caused by a deficiency of _____.
A. copper B. iodine C. iron D. selenium
- _____ 12. Weakness, heart irregularities, disorientation, and seizures may result from a low intake of _____.
A. calcium B. magnesium C. manganese D. molybdenum

Minerals, More or Less

Activity D

Chapter 9

Name _____

Date _____ Period _____

Fill in the blank in each statement with either the word *more* or the word *less*.

1. Studying about mineral sources and functions can help people make _____ healthful decisions about foods.
2. Crops grown in soil that lacks minerals will contain _____ minerals than crops grown in mineral-rich soil.
3. _____ minerals are located in the outer layers of grain than in the inner parts.
4. _____ minerals are found near the peel of a fruit than in the center.
5. Plant foods provide _____ concentrated sources of minerals than animal foods.
6. Strict vegetarians may have a _____ mineral-rich diet than people who eat foods from animal sources.
7. Processed foods often have _____ mineral value than whole foods.
8. Fresh fruits and vegetables, whole grains, meat, poultry, and dairy products have _____ mineral value than fats, sugars, and refined flour.
9. Most adults absorb _____ than half of the minerals consumed in their diets.
10. Getting _____ of a mineral than the body requires can interfere with the absorption of other minerals.
11. Problems caused by mineral excesses are _____ often due to the use of supplements than food sources.
12. A diet that is too high in fiber can result in _____ mineral absorption.
13. The use of caffeine and other diuretics results in _____ urine output, thereby increasing the loss of minerals through excretion.
14. The body can absorb _____ calcium and phosphorus in the presence of vitamin D.
15. Eating foods high in vitamin C can result in _____ absorption of iron.
16. The body becomes _____ able to absorb many minerals during times of increased need.
17. Vitamins are _____ stable than minerals.
18. Vegetables that are soaked have _____ mineral content than those that are washed quickly.
19. Cooking methods that require little water promote _____ mineral retention than methods that require a lot of water.
20. Using cooking juices in a dish gives it _____ minerals.