VITAMINS, MINERALS and WATER

* 1. Vitamins and Minerals are found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of MyPlate.
  2. They supply \_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories per grams, thus giving us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ energy.
  3. They are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to maintain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  4. They \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ be produced by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which means we must \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ them, with the exception of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which can come from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  5. Fat-soluble vitamins are transport through the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by being \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Water-soluble vitamins are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in water for transportation through the body.
  6. If we ingest too \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ we can get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, but if we get too \_\_\_\_\_\_\_\_\_ we can damage our body, called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are used mostly for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. There are lots, but they only make up about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of our bodies.
  8. There are \_\_\_\_\_\_ groups of minerals; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meaning we need a\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minerals, meaning we need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ carry a small \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ charge to keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in balance in our bodies.
  10. We can easily lose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ deficiencies are the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the USA.
  12. To know how much we are getting, we can look at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the DV%

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| **NAME** | **FUNCTION / PREVENTION** | **SOURCES** | **TYPE** |
| VITAMIN A |  |  |  |
| VITAMIN C |  |  |  |
| FOLIC ACID |  |  |  |
| VITAMIN D |  |  |  |
| VITAMIN E |  |  |  |
| VITAMIN K |  |  |  |
| CALCIUM |  |  |  |
| PHOSPHORUS |  |  |  |
| SODIUM |  |  |  |
| POTASSIUM |  |  |  |
| IRON |  |  |  |
| FLUORIDE |  |  |  |

WATER

* 1. Water is the most critical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  2. Our bodies are made up of \_\_\_\_\_\_\_\_\_\_% water.
  3. How much water is suggested that we drink each day? \_\_\_\_\_\_\_\_\_ cups or \_\_\_\_\_\_\_\_\_\_\_ oz
  4. You should drink \_\_\_\_\_\_\_\_\_ oz before a workout and replace with \_\_\_\_\_\_\_\_\_\_\_\_\_ oz after.
  5. If you have a heavy work out, you should add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help balance fluids.
  6. It takes us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to starve but only a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ days to dehydrate.
  7. Thirst is a sign of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  8. List the 5 other reasons we need water in our bodies:
     1. Moves\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     2. Carries\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     3. Removes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     4. Acts as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ regulator.

