Directions: Read chapter 8, and answer the following questions. Later, you can use this study guide to review.

1. What are vitamins? Why are they important to the body?
   
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2. What do antioxidants do for the body?
   
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3. Why do people need to consume water-soluble vitamins every day?
   
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   ____________________________________________________________

4. What vitamin helps resist infections and heal wounds?
   
   ____________________________________________________________

5. Why is folate important for pregnant women?
   
   ____________________________________________________________

6. Explain why strict vegetarians must be sure to get enough vitamin B₁₂.
   
   ____________________________________________________________

7. Why might the consumption of large amounts of fat-soluble vitamins be a problem?
   
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   ____________________________________________________________

8. What is beta-carotene?
   
   ____________________________________________________________

9. Why does vitamin D need calcium and phosphorus?
   
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   ____________________________________________________________

10. Which vitamin is necessary for blood clotting?
    
    ____________________________________________________________
    
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(Continued on next page)
11. List four ways that teens can build strong bones.

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12. What are the three electrolyte minerals and what is their function in the body?

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13. Why are people urged not to consume excess sodium?

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14. Define trace minerals, and explain their function in the body.

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15. Why is iron important in the body?

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16. Why is fluoride added to drinking water?

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Food for Today Homework Activities ✦ 39
Eat Your Vitamins

Directions: On the wheel below, place the name of each of these vitamins (on the inner part of a spoke): A, thiamine, niacin, folate, C, D, E, and K. If water soluble, underline in blue; if fat soluble, underline in red. On the outer part of the spoke, name one food that is a good source of that vitamin. Outside the wheel, name one thing that each vitamin does in the body.
Activity 2

Vitamins & Minerals

Where Are the Minerals?

Directions: Using the drawing of the market basket below, fill it with foods that are good sources of the major minerals and a few trace minerals. Minerals to look for include calcium, phosphorus, magnesium, sodium, potassium, iron, and zinc. Write the name of the mineral and the name of a food that contains that mineral on strips of paper. Paste the strips into the market basket. Plan a meal that includes a main course, two side dishes, a beverage, and a dessert using the foods in your basket.

Meal using the foods in the market basket.

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