

# Why are minerals important?

## Lesson Summary

Complete the following.

1. What is a mineral? \_\_\_\_\_  
\_\_\_\_\_
2. What mineral is needed by the body in order to form red blood cells? \_\_\_\_\_
3. Why does the body need calcium and phosphorus? \_\_\_\_\_  
\_\_\_\_\_
4. What kind of disease is caused by a mineral missing from the diet? \_\_\_\_\_  
\_\_\_\_\_
5. What deficiency disease is caused by a diet that contains too little iron? \_\_\_\_\_
6. What deficiency disease is caused by a diet that lacks iodine? \_\_\_\_\_
7. Why does the body need sodium? \_\_\_\_\_  
\_\_\_\_\_
8. What is another name for anemia? \_\_\_\_\_

## Skill Challenge

**Skills:** *identifying, organizing*

Complete the table below. You may list more than one mineral name in the right-hand column.

HOW THE BODY USES MINERALS	
Use	Minerals
1. Builds strong bones and teeth	
2. Helps keep muscles and nerves healthy	
3. Helps in the formation of body cells	
4. Helps make hydrochloric acid for digestion	
5. Makes chemicals that control oxidation	
6. Helps in the formation of enzymes	

# Answer Key

## Why are minerals important?

### Lesson Review

1. (inorganic) nutrient needed by the body to develop and function properly 2. iron 3. to build strong bones and teeth 4. a deficiency disease 5. anemia 6. goiter 7. for healthy muscles and nerves 8. iron-poor blood

### Skill Challenge

1. accept any of the following:calcium, phosphorus, magnesium 2. accept any of the following:sodium, potassium, magnesium 3. iron 4. chlorine 5. iodine 6. zinc