

Name: _____

Class Period: _____

Vitamins, Minerals & Water

Foods/Nutrition



Vitamins & Minerals

The main function of vitamins and minerals is to _____ body _____.

What foods contain a lot of the vitamins and minerals we need?

Eat a _____ of _____ and _____.

_____, _____, and _____ vegetables have the most vitamins and minerals.

There are _____ calories in vitamins and minerals!

They may not provide any _____, but they are _____ in keeping our bodies running!

Vocabulary

Deficiency-

Toxicity-

Water soluble-

Fat soluble-

Macro-

Micro or Trace-

Electrolyte-

Water

Functions of Water:

- a. Carries water soluble vitamins
- b. _____ body temperature through _____.
- c. Carries _____ products through and out of the body
- d. Prevents _____.

You should drink at least _____ cups a day (or _____ fl. oz.)

Dehydration

Dehydration happens when the water in your body drops _____ the level needed for normal body functions.

Common causes of dehydration:

1. _____ or diarrhea
2. Excessive _____.
3. Excessive _____.
4. _____.

Signs of dehydration:

- | | |
|----------------------|---------------------|
| - _____ | -Sluggishness |
| - _____ mouth | -Fainting |
| - _____ | -Inability to sweat |
| -Weakness | -Heart _____ |
| - _____ urine output | -Dizziness |
| - Confusion | - _____, _____ |

Proper Hydration Before, During, and After Physical Fitness:

- For short duration (less than 60 min) _____ is a good choice to drink before, during and after exercise.
- For moderate to high intensity activities (more than 60 min.), _____ will help replace carbohydrate loss and electrolyte balance.
- Drink according to _____ during the day and include fluids with meals.
- Drink _____ of water an hour before exercise.
- Continue drinking water during exercise, up to 16-24 oz. of fluid per hour (4-6 oz. every 1 min.).

Water Soluble Vitamins: C, B9

Vitamin C (ascorbic acid)

Function:	Protects the body against _____.
Food Sources:	_____, strawberries, broccoli and tomatoes.
Deficiency:	
Toxicity:	

B9 (folate/folic acid)

Function:	
Food Sources:	
Deficiency:	
Toxicity:	Masks B12 Deficiency

Fat Soluble Vitamins: A,D,K,E remember KADE

Vitamin K

Function:	
Food Sources:	
Deficiency:	
Toxicity:	

Vitamin A

Function:	
Food Sources:	
Deficiency:	
Toxicity:	

Vitamin D

Function:	
Food Sources:	
Deficiency:	
Toxicity:	Nausea and vomiting, kidney damage

Vitamin E

Function:	
Food Sources:	Vegetable Oils, - _____, and _____.
Deficiency:	Poor nerve connection and neurological problems
Toxicity:	

Minerals

Calcium

Function:	
Food Sources:	_____ Products, _____, and dark green leafy vegetables.
Deficiency:	
Toxicity:	

Iron

Function:	
Food Sources:	
Deficiency:	
Toxicity:	

Macro Minerals

Micro/trace
minerals

Electrolytes

Sodium/Potassium

Function:	Maintains _____ in the body.
Food Sources:	Salt, _____ and _____.
Deficiency:	
Toxicity:	