

Nutrients (Minerals)

1. Define the following terms

- i) Antioxidant**
- ii) Enriched food**
- iii) Vitamin**
- iv) Minerals**
- v) Phytochemicals**
- vi) Supplement**

2. Explain the two classifications of minerals: macro mineral and Trace elements (micro minerals)

3. Macro minerals

- i) Calcium**
- ii) Magnesium**
- iii) Phosphorus**
- iv) (Sodium, Chloride, Potassium)**

For each of the minerals above, include three functions, three food sources and one deficiency.

4. Trace Elements (Micro mineral)

- i) Fluorine**
- ii) Iodine**
- iii) Iron**
- iv) Zinc**

5. For each of the minerals above, include three functions, three food sources and one deficiency