

Quiz 9 / Answers

These **quizzes** as well as **interactive quizzes** are built-in to the **MAP System**

Minerals

1.) **Minerals are classified into two (2) groups:**

- Calcium and Magnesium
- Mineral oils and Mineral deposits
- **Major minerals and Trace minerals**
- Stalactites and stalagmites

2.) **In the human body, the mineral present in the largest amount is:**

- **Calcium**
- Zinc
- Magnesium
- Iron

3.) **The physiological function of calcium is:**

- Bone and teeth formation
- Helps contract and relax muscle
- Cell wall permeability – regulates fluid passage
- **All of the above**

4.) **Sodium is a major:**

- **Electrolyte**
- Amino Acid

- Contributor to fat cells
- Muscle group

5.) In the human body, sodium and potassium are associated with:

- **Water balance**
- Fat balance
- Muscle growth
- All of the above

6.) Potassium is absorbed from:

- The stomach
- **The small intestine**
- The large intestine
- The esophagus

7.) Iron plays a vital role in:

- **Blood building and energy production**
- Muscle recovery and fat depletion
- Bone building and water balance
- Brain function and central nervous system

8.) Selenium is a natural antioxidant:

- **True**
- False

9.) Chromium is necessary for normal glucose utilization:

- **True**

- False

10.) “Chelated” minerals refers to the action of one or more _____ attaching itself and completely surrounding a mineral.

- Fat cells
- **Amino acids**
- Electrolytes
- Blood cells