

Chapter 9 Minerals

Based on information found in Chapter 9 of the Reference Manual

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

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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 cell
- Amino acid
- Electrolyte
- Blood cell

Notes:
