TOPIC: INTRODUCTION TO MINERALS

Minerals

◆ *Recall*: **Minerals:** chemical _____ found on the periodic table (inorganic _____nutritents).

◆ Minerals can be divided into 2 groups based on _____ needs.

_____ minerals:

- Sodium, Potassium, Calcium Phosphorus, Chloride, Magnesium, Sulfur.

> _____mg >

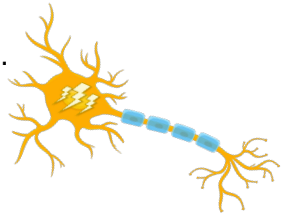
_____ minerals:

- Iron, Copper, Fluoride, Iodide, Zinc, Selenium, Chromium, Manganese, Molybdenum.

Salty **Pota**toes **Cal**m **Pho**bias & **Cl**ear **Ma**jor **Sul**king

◆ Diverse functions: structural, essential components of other biomolecules; _____.

- **Electrolytes:** minerals that _____ in water to create ions.
- **Ion:** electrically _____ atom (or molecule) due to gain or loss of electron(s).
  - Essential for _____ & muscle function → especially sodium & potassium.



EXAMPLE

Circle the major minerals from the list below.

Calcium	**Chromium**	**Chloride**	**Copper**
Fluoride	**Iodine**	**Iron**	**Magnesium**
Manganese	**Molybdenum**	**Phosphorous**	**Potassium**
Selenium	**Sodium**	**Sulfur**	**Zinc**

What seperates the major minerals from the trace minerals? _____

_____

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PRACTICE

Which of the following best describes electrolytes?

a) Minerals that work with enzymes to catalyze reactions.

b) Metallic minerals that are dissolved in body fluids.

c) Elements found on the periodic table that are essential nutrients.

d) Electrically charged ions dissolved in body fluids.

PRACTICE

Which two major minerals are important electrolytes for nerve function?

a) Sulfur & Potassium.

b) Sodium & Sulfur.

c) Potassium & Sodium.

d) Sulfur & Phosphorus