

TT5 Micronutrients: Minerals; Water

1. What is the RNI for sodium for adults?
- A. 100mg a day
 - B. 1000mg a day
 - C. 160mg a day
 - D. 1600mg a day



(1 mark)

2. What is the DRV for calcium for teenagers?
- A. 800mg for girls, 1000mg for boys
 - B. 800g for girls, 1000g for boys
 - C. 800mg for boys, 1000mg for girls
 - D. 800g for boys, 1000g for girls

(1 mark)

3. Approximately how much water should be consumed each day by a healthy adult?
- A. 1 litre
 - B. 2 pints
 - C. 2 litres
 - D. 4 glasses

(1 mark)

4. Deficiency of which mineral can cause goitre?

(1 mark)

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5. List **two** potential health effects of excessive sodium consumption.

(2 marks)

1.

2.

6. Indicate **two** symptoms of iron deficiency anaemia.

(2 marks)

1.

2.

7. List **two** minerals which can be provided with water.

(2 marks)

1.

2.

8. Fill in the gaps using the keywords below. Note that some of them may be incorrect. (2 marks)

<i>skin</i>	<i>teeth</i>	<i>osteoporosis</i>	<i>bones</i>
<i>deficiency</i>	<i>calcium</i>	<i>phosphorus</i>	<i>fluoride</i>
<i>rash</i>	<i>depression</i>	<i>excess</i>	<i>rickets</i>

- i) _____ and vitamin D work together to help grow strong, healthy bones. Their deficiency may cause _____ in children and _____ in adults.
- ii) Phosphorus mineralises _____ and is necessary in many chemical reactions in the body. In _____, it can lead to their demineralisation.

9. Explain why teenage girls and women need more iron than boys and men. (2 marks)

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10. Complete the table to indicate one source and one function of each mineral. An example has been given for you. (5 marks)

Mineral	Source	Function
<i>Phosphorus</i>	<i>Red meat, dairy products, fish, poultry, bread, rice, oats, beans and lentils</i>	<i>Helps release energy from food, helps maintain healthy bones and teeth, builds DNA strands</i>
Calcium		
Sodium		
Fluoride		
Iodine		
Iron		

11. Explain how improper intake of fluoride affects dental health. (3 marks)

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12. i) Describe **two** functions of water in the body. **(2 marks)**

- 1.
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- 2.
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ii) Indicate **three** ways in which water is lost from the body. **(3 marks)**

- 1.
- 2.
- 3.

iii) Identify **three** situations when extra fluid might be needed and then explain one of them in more detail. **(4 marks)**

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Total marks _____ /31

