Vitamins and Minerals

So, we've learned about the unique characteristics of water and how water is important in the function of living things. But it is not the only necessary inorganic molecule. Your body needs vitamins (organic molecules) and minerals (inorganic molecules) in order to function properly and maintain homeostasis (oh yes, that word again!). In this activity, you will be researching the main vitamins and minerals necessary for humans and their specific function.

1. Where do you get vitamins and minerals?

2. What are the 2 categories of vitamins? Explain each.

3. What happens if you take in too much vitamin C?

4. What is the difference between vitamins and minerals?

5. What are trace minerals?

Type	Benefit	Source (foods high in this)
Vitamin A		
Vitamin D		
Vitamin E		
Vitamin K		
Vitamin C		

Mineral: Calcium		
Mineral: Magnesium		
Mineral: Iron		
Mineral: Phosphorus		
Mineral: Potassium		
Mineral: Zinc		