



3055 BA SANGAM COLLEGE

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Worksheet 17

School: Ba Sangam College

Year:12

Subject: Home Economics

Name: _____

Strand	2 HEC 12.2 Food and Nutrition
Sub strand	HEC 12.2.3 Diet and Health
Content Learning Outcome	HEC 12.2.3.1 Explore the utilization of micronutrients and the effects of malconsumption by individuals.

FUNCTIONS OF MINERALS	DIETARY SOURCES	FACTORS WHICH HELP ABSORPTION
	PRINCIPAL MINERAL ELEMENTS	
Iron Necessary for the formation of hemoglobin in red blood cells. To pick up oxygen in the lungs and transport it to the tissues for oxidation.	liver, kidney and red meat, Whole cereals, brown bread. Dark green leafy vegetable.	Only 10% of iron is absorbed based on the following factors: Vitamin C-a reducing agent increases the absorption of iron by reducing it from the ferric state found in most foods to its absorbable ferrous state.
Iodine Essential for manufacture of thyroxin – a hormone produced by thyroid gland which controls the rate of metabolism.	Present in vegetables, cereals and milk. Sea fish, seaweed and iodized salt.	Iodine is easily absorbed in the form of iodide ions through the walls of digestive tract in the stomach and small intestine. After it is absorbed, most of it concentrates in the thyroid gland. Some of it also accumulates in the ovaries, skin and salivary glands, gastric juice and mammary glands.
Sodium Essential for correct water balance of the body. Keeps blood and body fluid alkaline. Maintains osmotic pressure in body fluids.	Common salt, added at cooking or table salt. Bacon, smoked fish, cheese and snack foods.	Over 95% is absorbed.
Sulphur	Fish, grass fed beef, poultry. Minimum amounts found in eggs and vegetables.	
Potassium	Most foods, good sources – soya beans, nuts, fish, bacon,	

Maintains optimum cell environment. Necessary for cell formation.	bread.	
Chlorine	Table salt, sea salt, seaweed, rye, tomatoes, lettuce, celery and olives	
Magnesium	Dark green vegetables, nuts, seed, fish, beans, whole grains, avocados, yoghurt, bananas, dried fruit and dark chocolate.	

Activity

1. State the function of the following nutrients: (4 marks)

i. Iron-

ii. Iodine-

2. Write down the nutrient's dietary sources; (2 marks)

Sodium-_____

Sulphur-_____

3. State some factors of absorption for the following minerals;

Iron-

Iodine-
