Mineral Interactive Worksheet

Directions: Please match the term with the correct definition

Key Term	Definition
Calcium	Hardens tooth enamel
Phosphorus	Used in growth and development and the immune system
Magnesium	Helps with connective tissue and iron metabolism
Sodium	Helps with bone development and wound healing
Chloride	A component of the thyroid hormone function
Potassium	Part of B12, helps with blood cells and the nervous system
Sulfur	Most abundant mineral in the body
Iron	Helps maintain proper blood pressure and volume
Manganese	Important component of cysteine and methionine
Copper	Helps muscle contraction and nerve signals
Iodine	Important in keeping fluids inside and outside of cells
Zinc	Helps red blood cells carry oxygen to tissues
Fluoride	Synthesis of biomolecules
Cobalt	Used in cell membranes, helps with ATP, ADP

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