

Health and Family Life

Minerals and Water

Minerals help the body to function properly.

1. **Calcium**- builds strong bones and teeth, helps muscles and nerves work and helps blood clot
2. **Iron**- protects body against infection and assists cells in using energy
3. **Phosphorous**: builds strong bones and teeth and helps cells function
4. **Potassium**: helps nerves and muscles function and helps cells use energy
5. **Zinc**: helps the body grow, heals wounds and maintains the senses of smell and taste
6. **Sodium(salt)**: is needed by the body in very small amount. Salt is added to many foods and therefore should be used in moderation.

Water is the main component of body fluids such as blood, saliva and urine. Water is necessary for life. It helps the body use vitamins and minerals, aids digestion and carries waste from the body.

Questions:

Directions: Answer the questions below.

1. What are minerals?

2. Give THREE examples of minerals.

3. Which mineral helps the body grow, heals wounds and maintains the senses of smell and taste ? _____

4. What is Water?

5. Describe TWO reasons why water is necessary for life.
