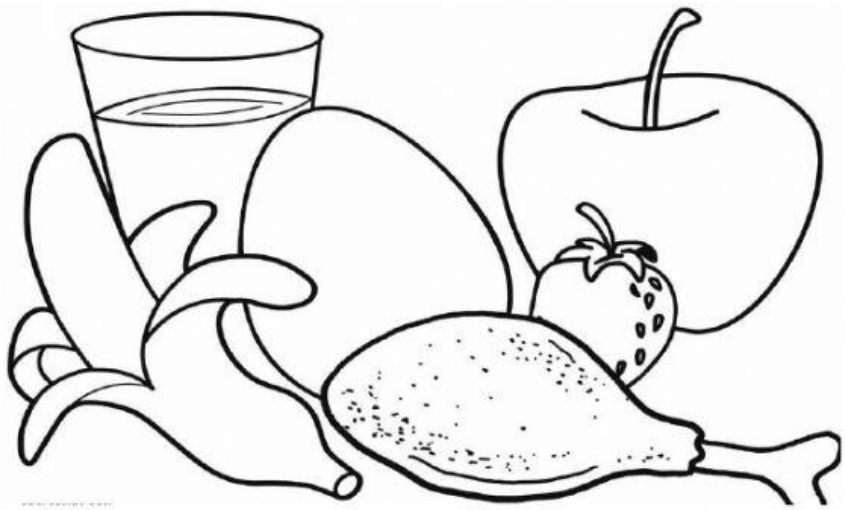
Name: _____ Grade: _____

Family Life and Health

Healthy Food Choices



Minerals help the body to function properly.

- **Calcium** builds strong bones and teeth, helps muscles and nerves work and helps blood clot
- **Iron** protects body against infection and assists cells in using energy
- **Phosphorous** builds strong bones and teeth and helps cells function
- **Potassium** helps nerves and muscles function and helps cells use energy
- **Zinc** helps the body grow, heals wounds and maintains the senses of smell and taste
- **Sodium** (salt) is needed by the body in very small amounts. 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.

Instructions: Circle true or false for each statement below.

1.	Potassium protects the body against infection.	True	False
2.	Zinc helps the body grow, heals wounds and maintains the senses.	True	False
3.	Calcium builds strong bones and teeth.	True	False
4.	Water is not necessary for life.	True	False
5.	Iron protects the body against infection and assists cells in using energy.	True	False
6.	Water is the main component of body fluids such as blood, saliva, and urine.	True	False

LIVEWORKSHEETS