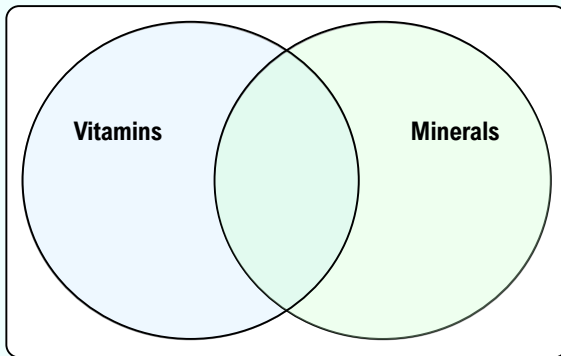


- ◆ Vitamins and minerals are best obtained through _____ diet.
 - Supplementation may be necessary in _____ cases.

TOPIC: MICRONUTRIENTS

EXAMPLE

Use the statements in the box to fill in the Venn diagram below about vitamins and minerals.



- A. Organic molecules.
- B. Work with enzymes to regulate reactions.
- C. Categorized as water or fat-soluble.
- D. Categorized as major or trace.
- E. Chemical elements.
- F. Taken in through food.
- G. Make up the hard parts of bone.
- H. Do NOT provide cellular energy.

PRACTICE

What are the two classes of vitamins?

- a) Major vitamins & minor vitamins.
- b) Water soluble & fat soluble.
- c) Organic & inorganic.
- d) Essential & nonessential.

PRACTICE

Which of the following is a difference between vitamins and minerals?

- a) Vitamins are needed in quantities greater than 100 mg/day, while minerals are needed in quantities less than 100 mg/day.
- b) Vitamins are used for energy, while minerals are not.
- c) Vitamins are organic molecules, while minerals are chemical elements.
- d) Vitamins work in conjunction with enzymes to speed up chemical reactions, while minerals do not.