



## Project Heart

### Activities for the Classroom

Use your Mineral Dictionary to help you complete these sentences.

# NUTRITION

## FILL-IN-THE-BLANK: MINERALS

1. \_\_\_\_\_ is the most abundant mineral in the body and it's vital for building strong teeth.
2. Red meat and beans are good sources for \_\_\_\_\_, an abundant trace mineral that helps the immune system.
3. Too little \_\_\_\_\_ can cause anemia but too much can cause problems too.
4. Table salt can be plain, or with \_\_\_\_\_, a micromineral.
5. Legumes, pumpkins, and avocados all contain \_\_\_\_\_, a major mineral especially important to the heart.
6. A partner with calcium, \_\_\_\_\_ reduces muscle pain after vigorous exercise.
7. The macromineral called \_\_\_\_\_, or sodium chloride helps to regulate fluids, including blood volume.
8. Good sources of \_\_\_\_\_ are fresh fruits and dried fruits as well as green leafy vegetables.
9. Microminerals (also called \_\_\_\_\_ minerals) are necessary for the body but in smaller amounts.
10. Foods can be \_\_\_\_\_ to ensure they provide adequate levels of essential nutrients.
11. Public drinking water and toothpaste contain \_\_\_\_\_ to help prevent cavities even though it is not an essential mineral.
12. A \_\_\_\_\_ is an inflammation of the thyroid gland that can be caused by a lack of iodine in the diet.