

Name _____

Exploring the Marvelous World of Minerals: The Building Blocks of Health

Multiple Choice Questions

1. What are minerals?

- A) Organic compounds found in rocks
- B) Inorganic elements needed in small amounts
- C) Sugars found in fruits and vegetables
- D) Gases present in the air

2. Which category of minerals is needed by the body in larger amounts?

- A) Macrominerals
- B) Microminerals
- C) Vitamins
- D) Proteins

3. What is one role of macrominerals in the body?

- A) Regulating mood
- B) Supporting nerve function
- C) Transporting oxygen
- D) Building muscle mass

4. What might happen if someone has a deficiency in calcium?

- A) Increased risk of fractures
- B) Reduced energy levels
- C) Enhanced immune function
- D) Improved memory

5. How do minerals contribute to mental and emotional well-being?

- A) By causing stress
- B) By increasing fatigue
- C) By regulating mood and reducing stress
- D) By decreasing brain function

