

Name _____

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

Short Answer Key

1. Calcium, important for building strong bones and teeth.
2. Minerals are essential for various bodily functions, from supporting nerve function to maintaining fluid balance.
3. Iron, essential for transporting oxygen in the blood.
4. Deficiencies in minerals can lead to health problems such as weakened bones, fatigue, and impaired cognitive function.
5. A balanced diet that includes a variety of nutrient-rich foods ensures adequate intake of minerals necessary for good health.

