

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Minerals are compared to superheroes because, like superheroes, they work behind the scenes to ensure our bodies function properly and maintain health.
2. Macrominerals are needed by the body in larger amounts, while microminerals are needed in smaller quantities.
3. Understanding the importance of minerals helps us make informed choices about our diet and ensures our bodies get the nutrients they need to function properly.
4. Minerals play essential roles in supporting physical health, such as building strong bones, as well as regulating mood and reducing stress, contributing to mental well-being.

