

Section 8-2

Note Taking Guide

Vitamins, Minerals, and Water (pp. 202–209)

Vitamins

1. Fat-soluble vitamins
 - a. include _____.
 - b. occur in _____.
2. Water-soluble vitamins
 - a. include _____.
 - b. occur in _____.

Minerals

3. Complete the table about minerals that your body needs.

Mineral	Main Functions	Good Sources
Calcium	a. <i>formation of bones and teeth;</i> <i>blood clotting; nerve function</i>	b. <i>milk, broccoli, tofu</i>
Potassium	c. _____ _____	d. _____ _____
Iron	e. _____ _____	f. _____ _____
Sodium	g. _____ _____	h. _____ _____

Section 8-2: Note Taking Guide *(continued)*

Vitamin and Mineral Supplements

4. Complete the sentence below.

Vitamin and mineral supplements are not usually necessary if

_____.

Water

5. Complete the outline about the role that water plays in the body.

I. Water

A. Water and homeostasis

B. Preventing dehydration

C. How much water?

D. Water versus sports drinks
