

Assignment 7 Vitamins and Minerals
MUST BE TYPED - DUE Oct 31

PED 161.003 Fall 2016

Antioxidants

1. What are antioxidants?(summarize the information found on pg 136 - 137). Give examples of Vitamins that are antioxidants.

Vit C

1. Does Vit C cure the common cold? What does Vit C do? Does taking extra Vit C help? (bottom of pg 137 - top of pg 138)

Vit D

1. What does Vit D do? (top of p126)

2. Why is it called the "sunshine vitamin"? (bottom of pg 127).

3. What is the relationship between Vit D and skin color. Vit D and latitude (where you live in relationship with the equator)

Calcium

1. Complete the Calcium Nutrition Check-up on page 142 and score it. Either photocopy it from the book and handwrite the answers or type the whole thing with the answers:

2. How much calcium are you supposed to eat each day? Did you meet your minimum daily requirement for Calcium according to your answer in number 1?

3. If you do not drink milk or eat yogurt, you should supplement your calcium intake. How much calcium should you take and can you take it all at once or should you divide the dose? (see RDA list in the back of your book and pg 635)

4. Are there some calcium supplements you should avoid (see pg 635)

5. Read about bone health on pg 141 - what happens to your bone around age 20 and into your early 30's. AFTER your early 30's, what begins to happen to the calcium in your bones?

Sodium (find the answers in Chapter 7)

1. How much sodium is in a teaspoon of salt?

2. How much sodium should you be consuming in a day?