Name

Micronutrients Webquest

Resource: [Micronutrients: What They Are and Why They’re Essential](http://clccharter.org/andrea/FCS/nutrition/quest/micronutrientsarticle.htm)

Micronutrients are necessary only in very tiny amounts. Micronutrients include such dietary minerals as zinc and iodine, and they are necessary for the healthy functioning of all your body's systems, from bone growth to brain function.

Micronutrients are what are commonly referred to as "vitamins and minerals."

Name 3 minerals \_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_.

Name 3 vitamins \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_.

What is the difference between micronutrients and macronutrients?

What is the role of sodium in the body?

What is the role of manganese in the body?

What is the role of magnesium in the body?

What is the role of iron in the body?

What is the role of iodine in the body?

What is the role of chloride in the body?

How can you include micronutrients in your diet?

What health problems are related to an iodine deficiency?

What health problems are related to a Vitamin A deficiency?

What health problems are related to an iron deficiency?