

Homework 11.1

1. A diet provides the body with all the essential elements and compounds. (1)

2. The 4 major constituent elements of the human body are:
..... , , and (4)

3. Elements present in your diet are in the form of and not as free (2)

4. Essential food group compounds in your diet are:
..... , and (3)

5. Approximately% of your body is water. (1)

6. The following minerals are needed for:
 - a) is needed for healthy blood (3)
 - b) is needed for healthy teeth and bones
 - c) Other elements are needed for various functions in the body.

7. If certain trace elements are taken in too large a quantity, they can be (1)

total

15