

Name _____

Date _____

The Importance of Minerals

The human body needs minerals to survive. Without minerals, the body could not function properly. The minerals that make up rocks are the same minerals that someone might eat in a bowl of cereal! The body needs about 80 different types of minerals to function properly. Iron enriches the blood, salt maintains fluid balance, calcium fortifies the bones, and fluorine strengthens the teeth. Most vital minerals can be absorbed into the body from eating plants and lean meats. However, many food manufacturers add minerals to their products to make them more desirable to consumers. Eating a balanced diet can ensure that the proper amount of these essential minerals is ingested.



- 1) According to the passage, salt is a mineral that
 - A. enriches the blood and provides energy
 - B. strengthens bones, teeth, and joints
 - C. absorbs other minerals from the body
 - D. maintains fluid balance in the body

- 2) According to the passage, which of the following minerals strengthens teeth?
 - A. calcium
 - B. iron
 - C. fluorine
 - D. salt

- 3) Near the end of the passage, the author writes, "However, many food manufacturers add minerals to their products to make them more desirable to consumers." From this, we can conclude that
 - A. people are more likely to buy products that advertise a lot of minerals
 - B. natural foods do not contain enough minerals to support bodily function
 - C. food manufacturers need to add minerals to make their products better
 - D. manufacturers are bound by law to advertise what is inside of their product

4) As used in the last sentence of the passage, it can be understood that the word **essential** belongs to which of the following word groups?

- A. natural, pure, organic
- B. extra, supplementary, bonus
- C. necessary, crucial, vital
- D. expensive, high-priced, costly

5) Each of the following people make changes to their diet. Which of the following changes in diet would the author of this passage most likely support?

- A. Arthur, who decided to only eat fruits and vegetables, because he enjoys their fresh flavors.
- B. Quinn, who goes from eating the same thing for breakfast every day to eating a variety of foods.
- C. Chris, who just started a new night job and sleeps most of the day which causes him to skip lunch and breakfast.
- D. Arturo, who used to eat beef, chicken, or fish with every meal but now does not eat any meat at all.

6) The passage tells us that "many food manufacturers add minerals to their products to make them more desirable to consumers." Do you think that this is a good idea? What are the pros and cons?
