Name:

Date:

School:

Facilitator:

2.07 Minerals Chart

Total Points: 40

**Use the links on the Task page to complete the chart below detailing the characteristics of some minerals.**

| **Mineral** | **A. RDI for Teens** | **B. Functions** | **C. Source** | **D. Signs and Risks of Deficiency**  |
| --- | --- | --- | --- | --- |
| **Copper** |       |       |       |       |
| **Iron** |       |       |       |       |
| **Calcium** |       |       |       |       |
| **Phosphorus** |       |       |       |       |
| **Magnesium** |       |       |       |       |
| **Sodium** |       |       |       |       |
| **Potassium** |       |       |       |       |
| **Fluoride** |       |       |       |       |
| **Zinc** |       |       |       |       |
| **Iodine** |       |       |       |       |