**Key Points – Questions - Micronutrients**

**Vitamins and Minerals:**

1. **Can vitamins and minerals be burned as fuels to release Calories?**
2. **List the FAT SOLUBLE vitamins.**
3. **What do ANTIOXIDANT vitamins do – Free Radicals?**
4. **Some minerals that we need over 100 mg per day are grouped into what category of Mineral?**
5. **While Calcium is a Major Mineral and Iron is a Trace Element; what is a main function for each?**
6. **CALCIUM B) IRON**
7. **In the mineral table, what do you think CHO metabolism means and what is RBC referring to?**

**VITAMIN SUMMARY:**

1. **Vitamin D can be produced by your body, but how?**
2. **What is a key function of Vitamin A?**
3. **What is a key function of Vitamin K?**
4. **It is not essential that you eat PHYTOCHEMICALS, but when you do, what is the main benefit to your body?**