MHD II 2018-19

Nutrition Modules

Minerals

The Minerals Nutrition Module is the third of three on-line interactive modules

OBJECTIVES

By completing the Minerals Module, you will be able to:

Describe the function(s) and mechanism(s) of action for each mineral:

- Macrominerals: calcium, phosphorous, iron
- Trace minerals: zinc, iodine, copper, selenium, chromium, fluoride

List the primary sources of each mineral

Cite the most common reasons for both deficiency and excess of each mineral

Describe the clinical manifestations of deficiency for each mineral, as well as the features of excessive intake

For questions regarding the content of the module, please contact Amy Luke, PhD.

There will be a total of six questions on the MHD II block 1 exam developed from the three Nutrition Modules.