Hot Seat Activity Questions

 (1) What does fat-soluble mean?

 (2) What is folic acid?

 (3) Name three water-soluble vitamins.

(4) What is a food source of the mineral iron?

(5) What does water-soluble mean?

(6) In what food sources would you find the mineral calcium?

(7) Processed foods often contain a large amount of what mineral?

 (8) If you are anemic, what vitamin(s) or mineral(s) may you need to increase?

(9) Name three fat-soluble vitamins.

(10) What mineral is found in some drinking water?

 (11) You can get enough of this vitamin just by spending a few minutes in the sun?

(12) Carrots and sweet potatoes are good sources of which vitamin?

 (13) What vitamins and/or minerals would you find in Orange Juice?

 (14) A banana is a good source of what mineral?

(15) Which vitamin helps our eyes adjust to darkness?

 (16) This vitamin is especially important for females who may become pregnant