

## Science 8

How does your body respond to nutrient and vitamin deficiencies?

What social and economic circumstances contribute to our ability to eat well?

Names:

### Introduction

Eating well, both in content and amounts, is an important aspect of living a healthy life. We are going to explore what can happen to our bodies when one or more specific nutrients are missing or in excess in our diet. Micronutrients are vitamins and minerals which our body needs to function but that we can only obtain from outside sources. Macronutrients are things that make up the majority of what we eat to give our bodies the energy we need.

Your group will be assigned one of the nutrients listed below. Your job is to complete research using the class time provided to answer the following questions. Please *summarize your findings in your own words.*

#### Micronutrients

Vitamin B12

Calcium

Omega 3 Fatty Acids

Vitamin D

Iron

Vitamin C

Vitamin A

Iodine

Sodium

#### Macronutrients

Protein

Carbohydrates

Fats

*Fiber\**

*Water\**

1. Why is this nutrient needed by our bodies?
2. What particular foods are rich in this nutrient?
3. What may result if our bodies do not get enough of this nutrient? Find both short term and long term effects if possible.

4. What are some reasons people may be lacking this nutrient in their diet?
  
  
  
  
  
  
  
  
  
  
5. What treatment is available for individuals with this nutrient deficiency?
  
  
  
  
  
  
  
  
  
  
6. What may result if our bodies get too much of this nutrient? Find both short term and long term effects if possible.
  
  
  
  
  
  
  
  
  
  
7. What are some reasons why someone might get too much of this nutrient?