

## WHICH FOODS CONTAIN WHICH ELEMENTS? WHICH ROLE DO THEY PLAY IN OUR BODY?

Visit our [Food Chemistry Periodic Table](#) to find the answers to these questions

1. There are 10 non-metal elements in the our Food Chemistry Periodic Table. Name at least 5 of them
2. Which is the metalloid element in our Food Chemistry Periodic Table?
3. There are 7 metal elements in the our Food Chemistry Periodic Table. Name at least 5 of them
4. Which element is in every food and all drinks except one?
5. Which is the only drink that doesn't contain Carbon?
6. Which element is part of all "building nutriens" (proteins)?
7. Name 3 foods rich in Nitrogen?
8. Name the most vital element in life
9. Which of these roles is not true for Oxygen? - It is essential for breathing - It contributes to the aroma of foods - It helps the absorption of nutrients
10. Which 2 elements help build good teeth?
11. Which element helps prevent dental caries?
12. Which elements are essential to build strong bones?
13. Which health risks can an excess of Na (Sodium) cause?
14. Which ultra-processed food has a terribly high Na (Sodium) content? Check the FOOD CARDS to find out
15. How does Na (Sodium) affect our muscles?

IMAGES: <https://www.freepik.es/>

<https://blogsaverroes.juntadeandalucia.es/vegabilinguismo/unidades-clil/nutrition/>

ANSWER KEY

1. H - C - N - O - F - P - S - Cl - Se – I
2. Si - Silicium
3. Na - Mg - K - Ca - Fe - Cu – Zn
4. C - Carbon
5. drinking water
6. N - Nitrogen
7. fish and seafood, poultry, red meat, dairy products,soy beans, green peas
8. O - Oxygen
9. It contributes to the aroma of foods
10. F- Fluorine and Ca- Calcium
11. F – Fluorine
12. F - Fluorine, P- Phosporus, Ca - Calcium and Cu – Copper
13. It increases blood pressure and the risk of cardiovascular diseases
14. Ketchup
15. It is important to contract and relax them