

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. What is the main function of Mg (Magnesium)?
2. Which 4 main elements does your body need if you have cramps and muscle spasms?
3. Si (Silicon) helps you have good skin, nails and hair. Which foods are rich in Silicon?
4. P (Phosphorus) is an important element to have healthy bones. Name 3 foods rich in Phosphorus
5. Which element is responsible for making you cry when you peel and cut an onion?
6. Which 2 elements help you have healthy nails?
7. At least 5 elements make your skin and hair healthy. Name 3 of them
8. K (Potassium) helps your heart rhythm. Name 1 fruit and 1 vegetable rich in K ?
9. Which 4 groups of foods are rich in Ca (Calcium)?
10. These elements can help you with your studies as they improve your memory. Which elements are they?
11. Imagine you cut your finger with a knife. Which element is necessary to heal that wound quickly?
12. A couple wants to have a baby but they have infertility problems. Which element is essential to create the proteins that help with reproduction?
13. Your thyroid - located at the front of your neck - produces a hormone that helps the growth of bones and nerves. Which element does your thyroid need to produce it?
14. Name 4 foods that contain I (Iodine).

ANSWER KEY

1. It helps move blood sugar into your muscles
2. Na- Sodium, Mg - Magnesium, K - Potassium and Ca - Calcium
3. 18. RICE - arroz WHEAT - trigo CORN - maiz BARLEY - cebada OAT - avena
4. 19. Bread, cheese and meat. Phosphoric acid is present in many soft drinks.
5. 20. S – Sulfur
6. 21. Si - Silicon and S - Sulfer
7. 22. Si - Silicon, S - Sulfur, Zn - Zinc, I - Iodine and Se - Selenium
8. 23. Avocado and banana. Spinach, betroot, potatoes and sweet potatoes
9. 24. Dairy products, beans, vegetables and nuts
10. 25. Fe - Iron and I - Iodine
11. 26. Zn – Zinc
12. 27. Se - Selenium
13. 28. I – Iodine
14. 29. Iodized salt, fish and seafood, dairy products, eggs, liver and poultry