

There are 10 non-metal elements in our Food Chemistry Periodic Table. Name at least 5 of them

H- Hydrogen, C- Carbon, N- Nitrogen, O- Oxygen, F- Fluorine P- Phosphorus, S- Sulfur, Cl- Chlorine, Se- Selenium and I- Iodine

Which is the metalloid element in our Food Chemistry Periodic Table?

Si - Silicon

There are 7 metal elements in our Food Chemistry Periodic Table. Name at least 5 of them

Na- Sodium, Mg- Magnesium, K- Potassium, Ca- Calcium, Fe -Iron, Cu - Copper and Zn- Zinc

Which element is in every food and all drinks except one?

C - Carbon

Which is the only drink that doesn't contain C (Carbon)?

drinking water

Which element is part of all "building nutrients" (proteins)?

N - Nitrogen

Name 3 foods rich in N
(Nitrogen)?

fish and seafood, poultry,
red meat, dairy products,
soy beans, green peas

Name the most vital
element in life

O - Oxygen

Which of these roles is not true
for O (Oxygen)?
- It is essential for breathing
- It contributes to the aroma of foods
- It helps the absorption of nutrients

It contributes to the aroma
of foods

Which 2 elements help build
good teeth?

F - Fluorine and Ca -
Calcium

Which element helps
prevent dental caries?

F - Fluorine

Which elements are
essential to build strong
bones?

F - Fluorine, P- Phosphorus,
Ca - Calcium and Cu -
Copper

Which health risks can an excess of Na (Sodium) cause?

It increases blood pressure and the risk of cardiovascular diseases

Which ultra-processed food has a terribly high Na (Sodium) content? Check the FOOD CARDS to find out

Ketchup

How does Na (Sodium) affect our muscles?

It is important to contract and relax them

What is the main function of Mg (Magnesium)?

It helps move blood sugar into your muscles

Which 4 main elements does your body need if you have cramps and muscle spasms or weakness?

Na- Sodium, Mg - Magnesium, K - Potassium and Ca - Calcium

Si (Silicon) helps you have good skin, nails and hair. Which foods are rich in Silicon?

RICE - arroz WHEAT - trigo CORN - maiz BARLEY - cebada OAT - avena

P (Phosphorus) is an important element to have healthy bones. Name 3 foods rich in Phosphorus

Bread, cheese and meat. Phosphoric acid is present in many soft drinks.

Which element is responsible for making you cry when you peel and cut an onion?

S - Sulfur

Which 2 elements help you have healthy nails?

Si - Silicon and S - Sulfur

At least 5 elements make your skin and hair healthy. Name 3 of them

Si - Silicon, S - Sulfur, Zn - Zinc, I - Iodine and Se - Selenium

K (Potassium) helps your heart rhythm. Name 1 fruit and 1 vegetable rich in K ?

Avocado and banana. Spinach, beetroot, potatoes and sweet potatoes

Which 4 groups of foods are rich in Ca (Calcium)?

Dairy products, beans, vegetables and nuts

These elements can help you with your studies as they improve your memory. Which elements are they?

Fe - Iron and I - Iodine

Imagine you cut your finger with a knife. Which element is necessary to heal that wound quickly?

Zn - Zinc

A couple wants to have a baby but they have infertility problems. Which element is essential to create the proteins that help with reproduction?

Se - Selenium

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?

I - Iodine

Name 4 foods that contain I (Iodine)

Iodized salt, fish and seafood, dairy products, eggs, liver and poultry

**Nutrition
CLIL Unit 23/24
IES Vega de Atarfe**