

CHAPTER 12: Water and the Major Minerals

1. What are the main functions of water?
2. What contributes to most of the weight of the human body?
3. What are the symptoms of dehydration?
4. What is the minimum amount of water that must be excreted daily to carry away waste products?
5. Know which organ regulates body fluid homeostasis in the body
6. Know which minerals are lost with sweating and bleeding
7. Understand the relationship between sodium intake and excretion
8. Know what the greatest source of sodium in the diet is
9. Know the primary function of potassium
10. Know good food sources of potassium
11. Know what the majority of calcium in the body is used for
12. Know what factors affect calcium absorption
13. Know good food sources of calcium
14. Know how blood level of calcium is regulated and which hormones are involved
15. At what age do adults normally begin to lose bone mass?
16. Why is it hard to detect the onset of osteoporosis?
17. At what age is a person's bone density highest?
18. What are risk factors for osteoporosis?
19. What effect does calcium have on iron absorption?