LQ’s- Vitamins, etc.

1. What are vitamins?
2. The two types of vitamins are \_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Look at your list of minerals, which Vitamin would do you need to make sure you consume. Why?
4. Contrast water soluble and fat soluble vitamins.
5. What are minerals?
6. Look at your list of minerals, which mineral would do you need to make sure you consume. Why?
7. Why is water so important?
8. How much water should you consume?