



## Statement of participation

# Amanda George

has completed the free course including any mandatory tests for:

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### **Nutrition: vitamins and minerals**

This 10-hour free course looked at the two main groups of vitamins, the major mineral elements, and the importance of fluid balance in the body.

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[www.open.edu/openlearn](http://www.open.edu/openlearn)

This statement does not imply the award of credit points nor the conferment of a University Qualification.  
This statement confirms that this free course and all mandatory tests were passed by the learner.  
Please go to the course on OpenLearn for full details:  
<http://www.open.edu/openlearn/science-maths-technology/biology/nutrition-vitamins-and-minerals/content-section-0>

COURSE CODE: SK183\_2

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## Nutrition: vitamins and minerals

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<http://www.open.edu/openlearn/science-maths-technology/biology/nutrition-vitamins-and-minerals/content-section-0>

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### Course summary

Both vitamins and minerals are essential in the diet in small quantities. Learn about the two main vitamin groups and the major mineral elements. This free course, Nutrition: vitamins and minerals, looks at the two main groups of vitamins: the fat-soluble vitamins, A, D, E and K; and the water-soluble vitamins, the B group and vitamin C. It also examines the major mineral elements, and the importance of fluid balance in the body.

### Learning outcomes

By completing this course, the learner should be able to:

- Understand certain minerals are required in the body and that some minerals form essential structural components of tissues
- Understand that sodium, potassium, calcium and chloride ions are important in maintaining the correct composition of cells and of the tissue fluids around them (homeostasis)
- Understand that some minerals are essential components of important molecules such as hormones and enzymes
- Understand that the correct fluid balance is essential for normal functioning of the body
- Understand that tapwater, and not just mineral water, contains minerals.

### Completed study

The learner has completed the following:

#### Section 1

Vitamins

#### Section 2

Minerals and fluids

#### Section 3

Conclusion