



Statement of participation

Austin Whittall

has completed the free course including any mandatory tests for:

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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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

Nutrition: vitamins and minerals

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

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