

VITAMINS

(A study guide or a final evaluation)

Name _____ Period _____ Assign # _____

1. Vitamins are found in _____

2. Vitamins do not provide _____

but they are essential because they _____

3. Vitamins cannot be _____ by our bodies.

They must be _____ or _____ in our food.

4. Vitamins assist the body in using food by _____

5. Vitamins are divided into two groups:
 1. _____
 2. _____

6. Examples are:
 1. Fat-soluble - _____

 2. Water-soluble - _____

7. Fat-soluble vitamins are transported through the body by what method?

8. Water-soluble vitamins are transported through the body by what method?

9. Some people believe that if small doses of vitamins are good for you, more is better. Too few vitamins keep the body from what?

Too many vitamins may be
Just as too much gasoline in a fuel tank, too many vitamins will be excreted or stored, and an excess can be toxic.

10. Name the main function of Vitamin C.

Name the deficiency disease for Vitamin C.

11. Name two main sources for Vitamin D.

12. Match the following vitamins with their function.

___ Vitamin C	A. Strong bones...from the sun
___ Vitamin A	B. For good vision
___ Vitamin D	C. Prevents scurvy

13. Identify the following as TRUE OR FALSE.

___ Vitamin supplements can improve athletic performance.
___ Most people do not need a vitamin supplement.
___ Antioxidants have been proven to prevent cancer.
___ Oranges & tomatoes are good sources of Vitamin C.

14. Name the four fat-soluble vitamins.

15. On the back of the page design an advertisement for fruits or vegetables, including information on variety and nutrition. Convince the reader that he/she should eat them.