

VITAMINS

(A study guide or a final evaluation)

Name _____ Period _____ Assign # _____

1. Vitamins are found in
nearly all the foods on MyPyramid

2. Vitamins do not provide
energy

but they are essential because they
regulate the body chemistry and body functions

3. Vitamins cannot be produced by our bodies.
They must be ingested or eaten in our food.

4. Vitamins assist the body in using food by
bringing about biochemical reactions so life can be maintained

5. Vitamins are divided into two groups:

1. fat-soluble

2. water-soluble

6. Examples are:

1. Fat-soluble - A, D, E, K

2. Water-soluble - C, B complex, Folacin

7. Fat-soluble vitamins are transported through the body by what method?
being carried and stored in fat

8. Water-soluble vitamins are transported through the body by what method?
being dissolved in water

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?
from operating at full capacity

Too many vitamins may be damaging to your health - toxic
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.
 fights infection and helps growth and repair of body tissues

Name the deficiency disease for Vitamin C.
scurvy

11. Name two main sources for Vitamin D.
sun and milk

12. Match the following vitamins and minerals with their function.

<u>C</u> Vitamin C	A. Strong bones...from the sun
<u>B</u> Vitamin A	B. For good vision
<u>A</u> Vitamin D	C. Prevents scurvy

13. Identify the following as TRUE OR FALSE.

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

14. Name the four fat-soluble vitamins.
A, D, E, K

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.