

Name \_\_\_\_\_ KEY \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_  
 Score \_\_\_\_\_  
 26 points possible

### VITAMIN MATCH-UP QUIZ

Directions: Match the vitamin with its function by placing the name of the vitamin in the blank to the left. The vitamins are listed in the box.

B1 (thiamin)	B2 (riboflavin)	B3 (niacin)	B6 (pyridoxine)	
B12 (cobalamin)	folic acid	biotin	pantothenic acid	
C (ascorbic acid)	A	D	E	K

- |                  |  |
|------------------|--|
| A                | 1. Maintains healthy skin, bones, and eyes.  |
| K                | 2. Aids in blood clotting.   |
| pantothenic acid | 3. Aids in the functioning of the digestive tract.   |
| B 12             | 4. Aids in red blood cell formation and synthesis of RNA and DNA.  |
| niacin           | 5. Aids in digestion and carbohydrate use and is necessary for functioning of the nervous system.              |
| biotin           | 6. Aids in metabolizing carbohydrates and other B vitamins.  |
| C                | 7. Aids in connective tissue, bone, tooth, and skin formation; resistance to infection; and iron assimilation. |
| B 6              | 8. Aids in protein, fat, and carbohydrate metabolism.  |
| riboflavin       | 9. Aids in energy production in cells; promotes healthy skin.  |
| folic acid       | 10. Aids in blood cell formation, protein production, and enzyme functioning.                                  |
| thiamin          | 11. Aids in carbohydrate use; necessary for heart, nervous system, and appetite.                               |
| D                | 12. Aids in calcium and phosphorus use.  |
| E                | 13. Aids in maintenance of vitamin A and fats.   |

