

## Vitamin Study Sheet

Test Date \_\_\_\_\_

1. Vitamins are found in \_\_\_\_\_ **nearly all foods in the food pyramid** \_\_\_\_\_.
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. Vitamins assist the body in using food by **bringing about biochemical reactions so life can be maintained**.
5. Vitamins are divided into two groups:
  - a. **fat-soluble**
  - b. **water-soluble**
6. Examples are:
  - a. **ADEK**
  - b. **B C**
7. Fat-soluble vitamins are transported through the body by what method? \_\_\_\_\_ **being carried and stored in fat** \_\_\_\_\_
8. Water-soluble 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** \_\_\_\_\_.
10. Name the main function of Vitamin C. \_\_\_\_\_ **fight infection and help growth and repair of body tissue** \_\_\_\_\_  
Name the deficiency disease for Vitamin C. \_\_\_\_\_ **scurvy** \_\_\_\_\_
11. Name two main sources for Vitamin D. \_\_\_\_\_ **sun** \_\_\_\_\_ and \_\_\_\_\_ **milk** \_\_\_\_\_.
12. Match the following vitamins with their function.

_____C_____ 1. Vitamin C	A. Strong bones. . . from the sun
_____B_____ 2. Vitamin A	B. For good vision
_____A_____ 3. Vitamin D	C. Prevents scurvy
13. Identify the following as TRUE OR FALSE.

_____F_____ a. Vitamin supplements can improve athletic performance.	
_____T_____ b. Most people do not need a vitamin supplement.	
_____F_____ c. A “stress vitamin” will help you deal with stress.	
_____T_____ d. Oranges & tomatoes are good sources of Vitamin C.	
14. Name the four fat-soluble vitamins.  
**A D E K**