

• **HOEC 99: Study Guide for Vitamins Quiz (Quiz#7☺):**

Fat-Soluble Vitamins:

- 1) What are the roles of vitamin A in the body?
- 2) What are some good food sources of vitamin A? What are some good sources of beta-carotene?
- 3) What is a deficiency of vitamin D in children called?
- 4) What is vitamin D's role in the bones and teeth?
- 5) What are the **natural** food sources of vitamin D?
- 6) What are common food sources of vitamin E in the typical American diet?
- 7) What is vitamin K's main role in the body?

Water-Soluble Vitamins:

- 1) What vitamin prevents neural tube defects? How much of this vitamin is recommended during pregnancy and lactation?
- 2) What is the collective role of the B vitamins in the body?
- 3) A deficiency of thiamin is called what? What are some common symptoms of this deficiency?
- 4) A deficiency of niacin is called what? What are some common symptoms of this deficiency?
- 5) What can happen if someone lacks vitamin B12 or folate in his/her diet?
- 6) What B vitamin (taken in large amounts) can help lower your bad cholesterol?
- 7) Which vitamin is found mainly in foods of animal origin?
- 8) Which B vitamin is light-sensitive (it is found in milk)?
- 9) What is Wernicke-Korsakoff syndrome?
- 10) What is vitamin C's main role in the body? Does it really help aid in strengthening the immune system? What are some of the best food sources of vitamin C?

Vitamin Facts/Vitamin Supplements:

- 1) Which group is more likely to reach toxic levels: fat or water-soluble vitamins?
- 2) Are vitamins organic or inorganic? Do vitamins contain calories?
- 3) What is the best way to preserve the vitamins in your fruits and vegetables? What environmental factors can lower the amount of vitamins in a food source?
- 4) Which vitamins are antioxidant vitamins?
- 5) What are some arguments against vitamin supplements?
- 6) What are some arguments for vitamin supplements?
- 7) Who might benefit from taking vitamin supplements?