

Name:

Date:

Nutrition - Vitamins & Minerals

1.

Vitamins are considered non-organic nutrients.

- a. True
- b. False

2.

Vitamin C deficiency in children causes rickets, a disease in which the bones are weak and deformed.

- a. True
- b. False

3.

What is the chemical substance obtained from food and used in the body to provide energy, structural material, and regulating agents to support growth, maintenance, and repair of the body's tissues?

- a. food
- b. vitamin
- c. nutrient
- d. mineral

4.

Which vitamin helps in the production of red blood cells and supplies oxygen to cells?

- a. iron
- b. protein
- c. copper
- d. calcium

5.

What are the best sources of calcium in the American Diet?

- a. ice cream & cake
- b. apples & oranges
- c. milk & dairy products
- d. bread & pasta

6.

Which micro-nutrient is not manufactured by living things?

- a. Vitamins
- b. Carbohydrates
- c. Minerals
- d. Fats

7.

Select the nutrient that best applies to the description. This nutrient helps regulate chemical reactions within the body. There are two types of this nutrient, macro and trace. What is the nutrient?

- a. Minerals
- b. Vitamins
- c. Water
- d. Fats

8.

Which of the following has the highest sodium content?

- a. Fresh fruits and vegetables.
- b. Lunchmeats, processed cheeses and canned soup.
- c. Mild, roast beef sandwich.
- d. Tossed salad with vinegar and oil dressing.

9.

Name all the fat soluble vitamins:

_____, _____, _____ and _____

10.

List the five functions of a vitamin:

- 1.
- 2.
- 3.
- 4.
- 5.