**I. Vitamins**

1. Vitamins are classified as

a. organic and inorganic

b. fat soluble and water soluble

c. essential and non- essential

d. elements and compounds

2. Vitamin D is called the sunshine vitamin because

a. it is available in orange juice

b. exposure to sunlight converts a precursor to vitamin D

c. it can be destroyed by exposure to sunlight

d. All of the above

3. Vitamin E functions as

a. a coenzyme

b. an antioxidant

c. a hormone

d. a peroxide

4. A deficiency of vitamin A can lead to a diessae called

a. xeropthalmia

b. psteomalacia

c. scurvy

d. pellagra

5. A high intake of vitamin E can

a. inhibit Vitamin K metabolism

b. lead to lead poisoning

c. inhibit calcium absorption

d. cause baldness

6. A vitamin synthesized by bacteria in the intestine is

a. A

b. D

c. E

d. K

7. Bowed legs, an enlarged and mis-shapen head and enlarged knee joints in children are all symptoms of

a. rickets

b. xeropthalmia

c. osteoperosis

d. Vitamin D toxicity

8. Thiamin, riboflavin, and niacin are all called the ‘energy’ viotamins because they

a. can be broken down to provide energy

b. are coenzymes needed for the release of energy from CHOs, fats, and proteins

c. are ingredients in energy drinks

d. are needed in large amounts by competitive athletes

9. A deficiency intake of \_\_\_\_ has been shown to increase the risk of having a baby with a neural tube defect such as spina bifida

a. vitamin A

b. vitamin C

c. vitamin E

d. folic acid

10. Vitamin C is necessary for the production of

a. stomach acid

b. collagen

c. hormones

d. clotting factors

**II. Minerals**

1. Dietary heme iron is derived from

a. elemental iron in food

b. animal flesh

c. breakfast cereal

d. vegetables

2. Chloride is

a. a component of hydrochloric acid

b. an intracellular fluid ion

c. a positively charged ion

d. converted to chlorine in the intestinal tract

3. Minerals involved in fluid balance are

a. calcium and magnesium

b. copper and iron

c. calcium and phosphorus

d. sodium and potassium

4. In a situation where there is an insufficient intake of dietary iodide, a condition develops known as

a. Graves’ disease

b. goiter

c. hyperparathyroidism

d. cretinism

5. Ninety nine percent of the calcium in the body is found in

a. intracellular fluid

b. bones and teeth

c. nerve cells

d. the liver

6. The primary function of sodium is to maintain

a. bone mineral content

b. hemoglobin concentration

c. immune function

d. fluid distribution

7. Which of the following are most likely to develop osteoporosis

a. premonopausal women athletes

b. women taking estrogen replacement therapy

c. slender, inactive women who smoke

d. women who eat a lot of high fat dairy products

***Answers:***

- Vitamins: b, b, b, a, a, d, a, b, d, b

- Minerals: b, a, d, b, b, d, c, c