**QUIZ VITAMINS**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_

1. What are vitamins?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Name the two categories of vitamins. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Which type of vitamin is absorbed directly into the blood? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Name one of the fat-soluble vitamins. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Name a water-soluble vitamin. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. What are the fluids that surround the blood cells in the body called? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Where are fat soluble vitamins stored? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Name something Vitamin A supports. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Name a vegetable containing beta-carotene. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. What vitamin is primarily responsible for bone growth? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. What vitamin is an antioxidant? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. Name one source of Vitamin E. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. What is the most important function of Vitamin K? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. B Vitamins help produce what in the body? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. What is another name for Vitamin C? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BONUS QUESTIONS**

Where are corticoids found?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What does R.D.A. stand for? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What disease is it when someone has a major Vitamin D deficiency? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The cabbage family is the source of what vitamin? \_\_\_\_\_\_\_\_\_\_\_\_

Scurvy is a disease caused by lack of what vitamin? \_\_\_\_\_\_\_\_\_\_\_\_\_