

## Answers Nutrition 120 Exam Review: Unit 5 Vitamins and Minerals

### Review Questions:

1. Do vitamins and minerals provide energy? Explain why or why not.

Vitamins and minerals do not provide any energy.

2. Name 5 functions that vitamins help with in the body

The five functions of vitamins are:

nutrient metabolism

energy production and release

tissue maintenance

normal digestion

infection resistance

3. Describe the two main causes of vitamin deficiencies.

Two main causes of vitamin deficiencies are not getting consuming enough vitamins in your everyday diet. The other cause of vitamin deficiency is if the vitamin is water soluble and you are consuming too much of it the body will simply flush out the excess, which can lead to deficiency.

4. Why does the body need vitamins and minerals?

The body needs vitamins and minerals in order to function normally. We need vitamins and minerals to grow and develop properly also to fix and maintain our cells.

5. What are some differences between fat-soluble and water-soluble vitamins? Give examples of the water-soluble vitamins and the fat-soluble vitamins.

Fat soluble vitamins are stored after ingesting them, excess water soluble vitamins are excreted in the urine therefore deficiency symptoms develop. An example of a fat soluble vitamin would be A,D,E,K and water-soluble vitamins are the B vitamins B12,B1,B2,B6 and vitamin C.

6. Name three groups of people for whom doctors might recommend vitamin supplements.

Three groups of people for whom doctors might recommend vitamin supplements are young children, adolescence, when you are pregnant, and when are you elderly.

7. Why do some people NOT need to eat a lot of foods rich in vitamin D?

Some people do not need to eat a lot of foods rich in vitamin D because vitamin D can be produced when our body is exposed to sunlight. So if you live in an area that receives a significant amount of sunshine year round you may not have to supplement vitamin D in your diet.

8. What is toxicity and how does it relate to vitamin and mineral consumption?

Toxicity is a poisonous condition that occurs when vitamins are consumed in large quantities. It can occur with fat soluble vitamins especially because our body stores the excess it can also occur if you are taking large amounts of vitamin supplements.

9. Name the 6 functions of minerals.

The 6 functions of minerals are: helping enzymes complete chemical reactions, becoming part of body components, aiding normal nerve functioning and muscle contraction, promoting growth, regulating acid-base balance in the body, and maintaining body fluid balance.