

Nutrition 120 Exam Review: Unit 5 Vitamins and Minerals

Terms:

Vitamin	Deficiency	Potassium
Toxicity	Water-soluble	Iodine
Vitamin A	Vitamin E	Micromineral
Vitamin K	B-complex vitamins	Anemia
Provitamin	Mineral	Phosphorous
Fat-soluble	Magnesium	Sodium
Vitamin D	Zinc	Iron
Vitamin C	Macromineral	
Scurvy	Calcium	
Fluoride		

Review Questions:

1. Do vitamins and minerals provide energy? Explain why or why not.
2. Name 5 functions that vitamins help with in the body
3. Describe the two main causes of vitamin deficiencies.
4. Why does the body need vitamins and minerals?
5. What are some differences between fat-soluble and water-soluble vitamins? Give examples of the water-soluble vitamins and the fat-soluble vitamins.
6. Name three groups of people for whom doctors might recommend vitamin supplements.
7. Why do some people NOT need to eat a lot of foods rich in vitamin D?
8. What is toxicity and how does it relate to vitamin and mineral consumption?
9. Name the 6 functions of minerals.
10. Be able to write 2-3 paragraphs describing the functions, food sources, deficiency and toxicity symptoms of ONE vitamin and ONE mineral.