

Nutrition Study Guide
Chapter Seven
Vitamins

- 1 What type of nutrient are vitamins? Chemical composition? Function?
- 2 What is the difference between fat and water soluble vitamins? Groups within classifications?
- 3 Why may frozen vegetables be better than fresh vegetables?
- 4 What does bioavailability mean? How is this significant to vitamins?
- 5 What is a coenzyme? A cofactor?
- 6 What are free radicals? What are antioxidants? Examples
- 7 What type of diseases are caused by a deficiency of Thiamin (B1)?
- 8 What disease is caused by a deficiency of niacin? What are the four "D's"? Associated history?
- 9 What problem may occur due to a deficiency of folate? When is this likely to occur?
- 10 What vitamin deficiency may cause anemia?
- 11 What disease may occur due to a deficiency of Vitamin C? How does this relate to the British Navy?
- 12 What are the fat soluble vitamins? How are fat soluble vitamins transported into our blood?
- 13 What is the difference between retinoids and carotenoids?
- 14 What may happen to your night vision if you do not have enough vitamin A?
- 15 What eye disease may occur due to a vitamin A deficiency?
- 16 What condition may occur due to an excess of vitamin A?
- 17 What is the sunshine vitamin? Why? Functions?
- 18 What condition may result from either an excess or deficiency of Vitamin D?
- 19 How does Vitamin E protect us? Role of Vitamin C in process?
- 20 Why may a deficiency of Vitamin K cause excess bleeding?