

VITAMINS

1. Write a letter „T” if the statement is true, and a letter „F” if it is false!

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Vitamins A and D dissolve in fat. |
| <input type="checkbox"/> | Light is necessary for the production of Vitamin A. |
| <input type="checkbox"/> | In case of deficiency of Vitamin B ₁₂ pernicious anemia develops |
| <input type="checkbox"/> | There is a lot of Vitamin C in fruit and vegetables. |
| <input type="checkbox"/> | In case of deficiency of Vitamin K night blindness develops. |
| <input type="checkbox"/> | There are more vitamins in cooked food than in raw foods. |
| <input type="checkbox"/> | Vitamin D has very good effects on the immune system too. |



2. Which property is true for all of them: vitamin A, vitamin B, vitamin C, vitamin D, vitamin K?

- | | |
|-------------------------------------|-------------------------------|
| A: dissolves in water | B: dissolves in fat |
| C: only a small amount is necessary | D: drinking water contains it |
| E: it belongs to carbohydrates | |

3. Which statement is true for vitamin D?

- | | |
|--|---|
| A: promotes the absorption of Ca from the intestine. | B: helps the function of the nervous system |
| C: helps the function of the immune system | D: it has an important role in developing bones |
| E: it helps to prevent cancers | |

4. Match the deficiency diseases with the Vitamins!

- | | | | |
|-----------------------|----------------------|---------------------------|-------------|
| A: Rickets | B: Scurvy | 1: vitaminB ₁₂ | 2: vitaminD |
| C: Night blindness | D: Pernicious anemia | 3: vitaminC | 4: vitaminA |
| E: Decreased clotting | | 5: vitaminK | |

5. Which vitamins are the following statements true for? Choose from vitamins A, C, D, K!

- | | |
|---|--|
| 1. It is important in maintaining the health of skin. | 2. Dissolves in water. |
| 3. It is important in setting up bones. | 4. It is produced also by intestinal bacteria. |
| 5. It is synthesized from carotene | 6. Sunlight is important in its synthesis |
| 7. Lack of it may cause gum bleeding | 8. Lack of it may cause coagulopathy |
| 9. It is an important antioxidant | |

Solution:

1.

T	F	T	T	F	F	T
---	---	---	---	---	---	---

2.

C

3.

ALL

4.

1	2	3	4	5
D	A	B	C	E

5.

VITAMIN	A	C	D	K
	1, 2	2, 7, 9	3, 6	4, 8