Quiz Questions for Vitamins
1. Which type of vitamins is more vulnerable to cooking?
2. Adding fiber to orange juice that was lost during food processing is also known as...
3. Name any vitamin with a role in antioxidant activity.
4. Name any vitamin that can help reduce risk for heart disease.
5. Name a specific food source high in folate/vitamin B9.

More Practice Questions for Vitamins/Minerals – from previous exam questions
1. Which of the following is NOT a function of Vitamin A?
   a. Vision
   b. Immune function
   c. Cell production and differentiation
   d. Reproduction
   e. Blood clotting

2. The most common storage form of iron is known as:
   a. Transferrin
   b. Hemosiderin
   c. Ferrous ion
   d. Ferric ion
   e. Ferritin

3. Too much zinc can cause deficiency in which mineral?
   a. Sulfur
   b. Chloride
   c. Copper
   d. Selenium
   e. Iodine

4. Which of the following is NOT a function of water?
   a. pH balance (acidity vs. alkalinity)
   b. Body fluids
   c. Chemical reactions
   d. Cooling
   e. All of the above are functions of water.

5. Which of the following nutrient can be made from gut bacteria?
   a. Vitamin K
   b. Vitamin B3/niacin
   c. Vitamin B6/pyridoxine
   d. Vitamin B12/cobalamin
   e. Iron
6. Which vitamin can be made from the amino acid **tryptophan** (hint: turkey)?
   a. Thiamin/B1
   b. Riboflavin/B2
   c. Nicain/B3
   d. Pantothenic acid/B5
   e. Biotin/B7

7. One-fourth to one-half of our **daily fluid loss** occurs through...
   a. Insensible water loss
   b. Cold weather conditions
   c. Urine
   d. Sweating
   e. Consumption of low protein foods

8. **Fat soluble vitamins** are stored mainly in...
   a. Bones
   b. Body Fat
   c. Muscle
   d. Kidneys
   e. Skin

9. Minerals (Note: Your exams will be multiple choice, but this is a good practice)
   a. What is ONE difference between **hemoglobin** and **myoglobin** that we have discussed about in class? Be specific.

   b. Fill in the following blanks about **blood calcium regulation**:
      1. Blood calcium levels falls below a set point.
      2. Parathyroid glands release ________________, which activates osteoclasts/osteoblast (circle one) to release calcium from ________________ (hint: name either organ or “reservoir”).
      3. Blood calcium level rises to safe levels.

   c. Name a hormone responsible for reducing blood calcium.