

1. Coenzyme Q10 is an essential vitamin.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

2. Niacin, thiamin, riboflavin, and choline are all B-complex vitamins.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

3. Vitamin E is a water-soluble vitamin.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

4. Vitamins K, B12, and B6 function as antioxidants.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

5. Most vitamins serve as components of body tissues such as bone and muscle.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

6. Red peppers and guava are excellent sources of vitamin C.

Chapter 20 - Vitamins and Your Health

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

7. The prevalence of neural tube defects has been reduced substantially because of the addition of folic acid to grain products.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

8. Deficiencies of water-soluble vitamins generally take longer to develop than deficiencies of fat-soluble vitamins when intake from food is too low.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

9. Forms of vitamin A are used in the treatment of acne and skin wrinkles due to overexposure to the sun.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

10. Free radicals are produced during energy production, by breathing, and by the immune system to help destroy bacteria and viruses that enter the body.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

Chapter 20 - Vitamins and Your Health

11. Vitamin C is best known as the sunshine vitamin.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

12. Cooking and softening vegetables such as tomatoes and carrots decreases the availability of beta-carotene and several beneficial phytochemicals.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

13. Sweet potatoes are a good source of beta-carotene.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

14. Milk contains a substantial amount of vitamin E.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

15. Orange juice is naturally rich in vitamin D.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

Chapter 20 - Vitamins and Your Health

16. Tolerable Upper Levels of Intake are assigned to vitamins to indicate levels of vitamin intake from foods, fortified foods, and supplements that should not be exceeded.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

17. Beta-carotene prevents or repairs damage to components of cells caused by exposure to free radicals.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

18. People with vitamin K deficiency bruise easily.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

19. Fourteen vitamins have been discovered so far.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

20. Consumption of foods rich in beta-carotene, vitamin C, and vitamin E has the same protective effects as intake of these antioxidant vitamins in supplements.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

Chapter 20 - Vitamins and Your Health

KEYWORDS: Bloom's: Remember

21. Lecithin is considered a nonvitamin.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVES: NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

22. Vitamin C is unique in that the body can build up stores that last for a year or more after the intake of the vitamin stops.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVES: NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

23. With vitamin A deficiency, collagen becomes weak.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVES: NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

24. The RDA for vitamin A for adults could easily be met by consuming a 3-ounce serving of clams.

- a. True
- b. False

ANSWER: False

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVES: NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

25. The need for vitamin C increases among smokers.

- a. True
- b. False

ANSWER: True

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVES: NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

Chapter 20 - Vitamins and Your Health

KEYWORDS: Bloom's: Remember

26. Identify a fat-soluble vitamin.

- a. folic acid
- b. biotin
- c. retinol
- d. ascorbic acid
- e. hiamin

ANSWER: c

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVNNOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their **ES:** effects on health.

KEYWORDS: Bloom's: Remember

27. What is a precursor of vitamin A?

- a. cholesterol
- b. thiamin
- c. ascorbic acid
- d. beta-carotene
- e. tocopherol

ANSWER: d

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVNNOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their **ES:** effects on health.

KEYWORDS: Bloom's: Remember

28. The water-soluble vitamins include ____.

- a. vitamins A, D, E, and K
- b. vitamins A and C
- c. vitamins A and E
- d. vitamin D, vitamin K, and the B-complex vitamins
- e. vitamin C and the B-complex vitamins

ANSWER: e

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVNNOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their **ES:** effects on health.

KEYWORDS: Bloom's: Remember

29. Adequate consumption of ____ before and early in pregnancy significantly reduces the incidence of neural tube defects.

- a. folic acid
- b. vitamin A
- c. thiamin
- d. vitamin C
- e. vitamin E

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ANSWER: a

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

30. The primary food sources of vitamin C are ____.

- a. meat and poultry
- b. milk and cheese
- c. dried beans and eggs
- d. fruits and vegetables
- e. fish and seafood

ANSWER: d

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

31. What is a major consequence of vitamin B₁₂ deficiency?

- a. kidney stones
- b. bruising
- c. neurological disorders
- d. osteoporosis
- e. fatty liver disease

ANSWER: c

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

32. Which vitamin plays a key role as a hormone in combating chronic inflammation and helps build strong bones?

- a. vitamin A
- b. vitamin D
- c. vitamin C
- d. thiamin
- e. biotin

ANSWER: b

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

33. Vitamin K is produced ____.

- a. in the liver from cholesterol
- b. by bacteria in the gut

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- c. in the skin from exposure to direct sunlight
- d. by the skeletal system
- e. during energy formation

ANSWER: b

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

34. Which foods are high in beta-carotene?

- a. spinach, kale, and carrots
- b. brown rice, chicken, and pork
- c. milk and yogurt
- d. shrimp and fish
- e. peanut butter, almonds, and pine nuts

ANSWER: a

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

35. Which vitamin is required for reactions that build and maintain collagen?

- a. vitamin D
- b. pantothenic acid
- c. vitamin K
- d. vitamin C
- e. vitamin A

ANSWER: d

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

36. Identify a consequence of vitamin B₁₂ overdose.

- a. increased risk of kidney stones
- b. fishy body odor
- c. nausea, cramps, and diarrhea
- d. low blood pressure
- e. a temporary feeling of heightened energy

ANSWER: e

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

Chapter 20 - Vitamins and Your Health

37. What is a primary function of choline?

- a. It acts as an antioxidant.
- b. It aids in red blood cell development.
- c. It serves as a structural and signaling component of cell membranes.
- d. It enhances iron absorption.
- e. It participates in the regulation of gene expression.

ANSWER: c

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

38. What is a consequence of vitamin A deficiency?

- a. megaloblastic anemia
- b. xerophthalmia
- c. pellagra
- d. lung damage
- e. hearing loss

ANSWER: b

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

39. Identify a nonvitamin.

- a. riboflavin
- b. pyridoxine
- c. folacin
- d. alpha-tocopherol
- e. pangamic acid

ANSWER: e

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

40. Which vitamin is unique in that the body can build up stores that last for a year or more after intake of the vitamin stops and there are no known consequences of overdose?

- a. niacin
- b. vitamin B₆
- c. vitamin C
- d. vitamin B₁₂
- e. vitamin A

ANSWER: d

REFERENCES: Vitamins: They're on Center Stage

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LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

41. Which food is a good source of folate?

- a. tuna
- b. beef
- c. dried beans
- d. cottage cheese
- e. bananas

ANSWER: c

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

42. Which food has the highest vitamin A content?

- a. strawberries
- b. liver
- c. peanut
- d. American cheese
- e. egg

ANSWER: b

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

43. Milk comes in opaque containers because the _____ present in it is destroyed by exposure to light.

- a. riboflavin
- b. vitamin C
- c. vitamin K
- d. vitamin B₄
- e. pyridoxine

ANSWER: a

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

44. Antioxidants _____.

- a. provide energy
- b. increase the rate at which reactions take place in the body
- c. can damage DNA
- d. can be formed from alcohol

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- e. donate electrons to stabilize oxidized molecules

ANSWER: e

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

45. Studies indicate that adequate _____ status helps prevent and decreases the severity of measles and other infectious diseases.

- a. vitamin B₆
- b. vitamin D
- c. vitamin A
- d. vitamin C
- e. vitamin K

ANSWER: c

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

46. High doses of _____ raise HDL cholesterol levels and lower LDL cholesterol and triglycerides.

- a. thiamine
- b. vitamin B₁₂
- c. niacin
- d. choline
- e. biotin

ANSWER: c

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

47. The recommended intake of vitamin D was recently increased to _____ mcg daily for adults.

- a. 10
- b. 15
- c. 20
- d. 25
- e. 30

ANSWER: b

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

48. Regularly consuming _____ would help increase vitamin D intake.

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- a. peanuts
- b. asparagus
- c. olive oil
- d. strawberries
- e. salmon

ANSWER: e

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

49. Which food is a good source of vitamin E?

- a. watermelon
- b. sunflower seeds
- c. tomatoes
- d. pork chops
- e. cheese

ANSWER: b

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

50. A consequence of vitamin C deficiency is _____.

- a. kidney stones
- b. dermatitis
- c. beriberi
- d. scurvy
- e. hypertension

ANSWER: d

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

51. What is a primary function of riboflavin?

- a. It promotes the normal functioning of red blood cells.
- b. It is needed for the manufacture of collagen.
- c. It helps the body capture and use the energy released from carbohydrates, proteins, and fats.
- d. It acts as an antioxidant.
- e. It transports and metabolizes fat and cholesterol.

ANSWER: c

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

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KEYWORDS: Bloom's: Remember

52. Pellagra is a consequence of _____ deficiency.

- a. niacin
- b. vitamin B₆
- c. vitamin C
- d. biotin
- e. choline

ANSWER: a

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVNNOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

53. Which B-complex vitamin is needed for reactions that convert glucose into energy?

- a. thiamin
- b. riboflavin
- c. niacin
- d. folate
- e. choline

ANSWER: a

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVNNOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

54. The AI for adult men and women for vitamin B₁₂ is 2.4 mcg. A serving of which food will most likely meet the AI for vitamin B₁₂?

- a. yogurt (1 cup)
- b. rice (½ cup)
- c. skim milk (1 cup)
- d. cottage cheese (½ cup)
- e. liver (3 oz)

ANSWER: e

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVNNOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

55. What is the RDA for adult men and women for folate?

- a. 100 mcg
- b. 200 mcg
- c. 300 mcg
- d. 400 mcg

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e. 500 mcg

ANSWER: d

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

56. Which B-complex vitamin may protect against colon cancer in the early stages of development?

- a. vitamin B₅
- b. folate
- c. niacin
- d. pyridoxine
- e. thiamin

ANSWER: b

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

57. Vitamin K plays an important role in ____.

- a. aiding vision in dim light
- b. the mechanism of blood clotting
- c. the normal functioning of the nervous system
- d. cell division and tissue repair
- e. the manufacture of collagen

ANSWER: b

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

58. The suggested intake for beta-carotene is ____ mg.

- a. 6
- b. 7
- c. 8
- d. 9
- e. 10

ANSWER: a

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

59. Chase and Rhonda are studying for a quiz on vitamins. Over the semester break, Chase started taking several dietary supplements including an antioxidant, a multivitamin, and a B-complex supplement to help improve his energy level and

Chapter 20 - Vitamins and Your Health

nutrient status. Rhonda has been a vegan (consumes no animal products or by-products) for several months. As they study for their quiz, they explore natural sources of the essential vitamins. Chase believes that Rhonda should be taking a multivitamin supplement because of her vegan lifestyle, but Rhonda believes that Chase is likely overdosing on some of the vitamin supplements. Help them study for their quiz, and answer their questions about the need for vitamins.

Rhonda wants to find a natural source of vitamin D. Which of the following sources would provide vitamin D and fit into her vegan lifestyle?

- a. consuming fish one to two times per week
- b. consuming skim milk
- c. exposure to direct sunlight for 5 to 10 minutes each day
- d. consuming salad dressing
- e. consuming peanut butter

ANSWER: c

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

60. Chase and Rhonda are studying for a quiz on vitamins. Over the semester break, Chase started taking several dietary supplements including an antioxidant, a multivitamin, and a B-complex supplement to help improve his energy level and nutrient status. Rhonda has been a vegan (consumes no animal products or by-products) for several months. As they study for their quiz, they explore natural sources of the essential vitamins. Chase believes that Rhonda should be taking a multivitamin supplement because of her vegan lifestyle, but Rhonda believes that Chase is likely overdosing on some of the vitamin supplements. Help them study for their quiz, and answer their questions about the need for vitamins.

Chase does not think it is possible to overdose on vitamins. Which water-soluble vitamin could cause problems such as nausea and cramps if consumed in excess?

- a. vitamin B₁₂
- b. vitamin C
- c. biotin
- d. pantothenic acid
- e. riboflavin

ANSWER: b

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

61. Chase and Rhonda are studying for a quiz on vitamins. Over the semester break, Chase started taking several dietary supplements including an antioxidant, a multivitamin, and a B-complex supplement to help improve his energy level and nutrient status. Rhonda has been a vegan (consumes no animal products or by-products) for several months. As they study for their quiz, they explore natural sources of the essential vitamins. Chase believes that Rhonda should be taking a multivitamin supplement because of her vegan lifestyle, but Rhonda believes that Chase is likely overdosing on some of the vitamin supplements. Help them study for their quiz, and answer their questions about the need for vitamins.

Chase is concerned that Rhonda is not getting some essential vitamins because of her vegan diet. Which vitamin could Rhonda consider supplementing considering the fact that it is only found in animal products and microorganisms?

- a. vitamin B₁₂
- b. vitamin C
- c. vitamin K

Chapter 20 - Vitamins and Your Health

- d. vitamin E
- e. vitamin B₆

ANSWER: a

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

62. Chase and Rhonda are studying for a quiz on vitamins. Over the semester break, Chase started taking several dietary supplements including an antioxidant, a multivitamin, and a B-complex supplement to help improve his energy level and nutrient status. Rhonda has been a vegan (consumes no animal products or by-products) for several months. As they study for their quiz, they explore natural sources of the essential vitamins. Chase believes that Rhonda should be taking a multivitamin supplement because of her vegan lifestyle, but Rhonda believes that Chase is likely overdosing on some of the vitamin supplements. Help them study for their quiz, and answer their questions about the need for vitamins. Which of the following foods will most likely increase Chase's intake of antioxidants so he does not feel the need to take an antioxidant supplement?

- a. macaroni, flour tortillas, and avocados
- b. turkey, eggs, and garbanzo beans
- c. corn, swordfish, and potatoes
- d. milk, yogurt, and orange juice
- e. broccoli, cantaloupe, and wheat germ

ANSWER: e

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

Match each term with the appropriate definition.

- a. components of food required by the body in small amounts for growth and health maintenance
- b. a nutrient that can be converted into another nutrient
- c. the loss of calcium from bones that is caused by the deficiency of vitamin D
- d. chemical substances that prevent or repair damage to cells caused by exposure to free radicals
- e. primarily stored in body fat and the liver
- f. can be stored in the body only in small amounts
- g. the first response of the body's immune system to infection or irritation
- h. chemical substances that are missing an electron

REFERENCES: Vitamins: They're on Center Stage

LEARNING OBJECTIVE NOW.BRWN.20.20.1 - Describe the functions and food sources of vitamins and their effects on health.

KEYWORDS: Bloom's: Remember

63. antioxidants

ANSWER: d

64. inflammation

ANSWER: g

Chapter 20 - Vitamins and Your Health

65. osteoporosis

ANSWER:

c

66. fat-soluble vitamins

ANSWER:

e

67. free radicals

ANSWER:

h

68. precursor

ANSWER:

b

69. vitamins

ANSWER:

a

70. water-soluble vitamins

ANSWER:

f