

Assessment 3

Total Marks: 30

Q. 1. Multiple Choice Questions

(5)

- i. Enzymes are very specific, each enzyme works on;
 - a) only one substance
 - b) more than one substances
 - c) all the substances
- ii. Fat soluble vitamins are:
 - a) vitamin C and B complex
 - b) vitamin A,D,E and K
 - c) vitamins B1, B2, and B3
- iii. Mild deficiency of vitamin A may result in;
 - a) a characteristic eye disease
 - b) joint tenderness
 - c) retarded growth
- iv. One of the functions of vitamin C is to:
 - a) maintain integrity of membranes
 - b) increase resistance to infections
 - c) prevent night blindness
- v. Which of the followings is good source of vitamin D?
 - a) citrus fruit
 - b) tomatoes
 - c) exposure to sun
- vi. The good sources of vitamin E are:
 - a) whole grains green and leafy vegetables
 - b) apples and bananas
 - c) butter and margarine
- vii. Which of the following vitamins is important in blood clotting?
 - a) vitamin A
 - b) vitamin C
 - c) vitamin K

- viii. Deficiency of vitamin B6 can result in;
 - a)nausea and vomiting
 - b)dermatitis
 - c)mental disturbances

- ix. A deficiency of folate can result in;
 - a)neural tube infection in newborns
 - b)skin diseases
 - c)infections

- x. A deficiency of which of the following mineral can result in osteoporosis?
 - a)calcium
 - b)chlorium
 - c)chloride

Q: 2: Give short answers to the following questions: (18)

- I. What are the good sources of vitamin D?
- II. Outline the functions of vitamin K in our body.
- III. What is vitamin B1? And why it is important for our body?
- IV. What is the main difference between fat soluble vitamins and water soluble vitamins?
- V. How vitamin B9 is important for us?
- VI. What are the recommended doses of folic acid for women, before conception and after pregnancy?

Q: 3: What are the functions of vitamins and minerals in our body? (7)