

Chapter 8 Vitamins

Based on information found in Chapter 8 of the Reference Manual

- 1.) **Vitamins are actually “true” foods:**
 - True
 - False

- 2.) **Vitamins supply energy:**
 - True
 - False

- 3.) **Vitamins turn body-fat into muscle:**
 - True
 - False

- 4.) **Vitamins typically combine with:**
 - Enzymes
 - Lactic Acid
 - ATP
 - Lean Mass

- 5.) **Generally speaking, vitamins must come from the foods we eat:**
 - True
 - False

- 6.) **The two classifications of vitamins are:**
 - Sugar soluble and oxygen soluble
 - Carbohydrate soluble and protein soluble
 - Water soluble and fat soluble
 - Oil soluble and gas soluble

- 7.) **Vitamins A, D, E and K are:**
 - Fat Soluble
 - Water Soluble
 - Gas Soluble
 - Protein Soluble

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- 8.) **One of the most important characteristics of Vitamin E is its ability as:**
- An energy booster
 - An antioxidant
 - Anti-depressant
 - A meal replacement pill
- 9.) **Fat soluble vitamins are more “heat-stable” than water soluble vitamins resulting in less damage during food preparation:**
- True
 - False
- 10.) **Both Folic Acid and Vitamin B12 are important for:**
- Eye sight
 - Blood forming
 - Hair thickness
 - Skin rejuvenation
- 11.) **Vitamin C is not stored or produced by the body:**
- True
 - False

Notes:
