

Quiz 8 / Answers

Vitamins

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

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