

## Vitamin Worksheet

Name: \_\_\_\_\_

1. Vitamins are \_\_\_\_\_.
2. Our bodies need vitamins to \_\_\_\_\_.
3. There are two categories of vitamins:
  - a. \_\_\_\_\_ which are transported through the body by \_\_\_\_\_
  - b. \_\_\_\_\_ which are transported through the body by \_\_\_\_\_
4. The water soluble vitamins are: \_\_\_\_\_
5. The fat soluble vitamins are: \_\_\_\_\_
6. Why is milk sold in containers that block out light?
7. What is a deficiency? \_\_\_\_\_
8. What is toxicity? \_\_\_\_\_
9. Why are vitamins and minerals called micronutrients? \_\_\_\_\_  
\_\_\_\_\_
10. Why are some vitamins also considered antioxidants? \_\_\_\_\_  
\_\_\_\_\_
11. Which vitamins are also antioxidants? \_\_\_\_\_
12. What function in the body do riboflavin, niacin, B6, B12, B5 and biotin have in common? \_\_\_\_\_
13. Which vitamins does the body store? \_\_\_\_\_ Where? \_\_\_\_\_
14. What happens to excess vitamin C and B's? \_\_\_\_\_
15. What foods from the pyramid offer vitamins? \_\_\_\_\_