

**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)