

Dietary Nutrition

Assessment 2

Total Marks: 30

1. Excess protein is difficult to digest. Why improperly digested foods are harmful for our health? **5**
2. What are fat soluble vitamins? **5**
3. What are omega -3 fatty acids? **5**
4. What are the good sources of vitamin D? **5**
5. How vitamin B9 is important for us? **5**
6. What is vitamin B1? And why it is important for our body? **5**