

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 minerals 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? Why it is important for our body?
- IV. What is the main difference between fat-soluble vitamins and water-soluble vitamins?
- V. How is vitamin B9 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)