

Chapter 8 Review Worksheet

Module Objectives:

- 8.1: Describe the general characteristics of the fat- and water-soluble vitamins, absorption, and storage.
- 8.2: List ways to preserve vitamins in foods and explain the sources and benefits of phytochemicals.
- 8.3: Describe the roles of the fat-soluble vitamins (A, D, E, and K) in body defenses and bone health.
- 8.4: Describe the roles of the B vitamins (thiamin, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, folate, and vitamin B-12) in energy metabolism and in blood and brain health; vitamin C in immune function; and choline in cell structures and metabolism.
- 8.5: List the dietary sources and requirements for each fat- and water-soluble vitamin and choline as well as the dangers of exceeding the recommendations.
- 8.6: Describe the signs and symptoms of vitamin deficiencies and risk factors leading to vitamin deficiencies.
- 8.7: Evaluate dietary supplements, current recommendations, potential benefits and hazards of use.
- 8.8: Describe modifiable risk factors that contribute to cancer risk and understand the role of food constituents in cancer prevention, treatment, and survivorship.

Review Questions:

1. Distinguish between an enzyme, coenzyme, precursor (or provitamin) and vitamin.
 - a. **Vitamins:** Carbon Containing substances needed in small amounts.
 - i. **Essential:** Can't be synthesized by body
 - ii. **To be a vitamin:**
 1. Body can't make enough to maintain health.
 2. Absence leads to deficiency that can be cured if vitamin is reintroduced in time.
 - iii. **Avoid intakes in excess of upper level (megadose).**
 - iv. **Food or synthetic sources have same health benefit and effectiveness.**
 - b. **Coenzymes:** binds to enzyme to promote activity.
 - i. **B vitamins function as coenzymes.**
 - ii. **Without the coenzyme, enzyme cannot function properly.**
 1. Deficiency symptoms associated with the missing vitamin eventually appear.
 - c. **Cholesterol is vitamin D precursor (provitamin)**
 - i. **Preursors of vitamin A have antioxidant properties.**
2. Differentiate between fat- and water-soluble vitamins. Which vitamins are fat-soluble and which are water-soluble?

	Fat-Soluble Vitamins	Water-Soluble Vitamins
Which vitamins are fat- and water-soluble?	Vitamin A, Vitamin D, Vitamin E, and Vitamin K	Thiamin, Riboflavin, Niacin, Biotin, Pantothenic acid, vitamin B, Folate, and Vitamin B-12

Fordney Chapter 8 Review

Scott C. Dulebohn



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