
Nutrition 1020 Module 5 Homework Assessment Questions with Correct Solutions

Function - ✓✓ 1. Selenium - A. Antioxidant
2. Folate - C. Conversion of homocysteine to methionine
3. Phosphorous - D. Energy Transfer
4. Vitamin K - B Blood Clotting

Deficiency State or deficiency sign/symptom - ✓✓ 1. Vitamin E (in infants) - E. Hemolytic Anemia
2. Thiamin - D. Beriberi
3. Zinc - A. Acrodermatitis enteropathica
Calcium - B. Osteopenia

Best food source - ✓✓ 1. Vitamin C - B citrus Fruits
2. Vitamin D - D. Fortified Milk
3. Copper - C. Seafood
4. Iodine - C. Seafood

A low intake of ____ causes _____. - Deficiency - ✓✓ 1. Phosphorus - A. Hypophosphatemia
2. Iodine D. Hypothyroidism
3. Niacin - C. Pellagra
4. Vitamin B12 - E. Macrocytic Anemia
5. Vitamin C - B. Scurvy

An excess of ____ causes _____. - Toxicity - ✓✓ 1. Iron - Gray Skin
2. Choline - E. Fishy Body Odor
3. Vitamin B6 - B. Sensory Neuropathy
4. Magnesium - C. Hyp1. Iron - Gray Skin
2. Choline - E. Fishy Body Odor
3. Vitamin B6 - B. Sensory Neuropathy
4. Magnesium - C. Hypokalemia
5. Vitamin A - A. Decreased Bone Mineral Density
5. Vitamin A - A. Decreased Bone Mineral Density

Best food source - ✓✓ 1. Vitamin B12 - E. Dairy Products

Nutrition Your Life Science Homework Assessment Answers

O García



Nutrition Your Life Science Homework Assessment Answers:

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