

Quiz#4 Nutrition chapter4

1. Fill in the blanks *points: 2*

The human body cannot make its own vitamins except _____, _____ which are produced in the body.

2. vitamins have caloric value *points: 1*

☐ true ☐ false

3. vitamins do not give energy to the body *points: 1*

☐ true ☐ false

4. all vitamins contain nitrogen *points: 1*

☐ true ☐ false

5. Fill in the blanks *points: 2*

The word vitamin was coined by _____ in _____

6. Fill in the blanks *points: 17*

CURRENT NAMES OF VITAMINS Vitamin A- _____ Vitamin B1- _____ Vitamin B2- _____
Vitamin B3- _____ Vitamin B5- _____
Vitamin B7- _____ Vitamin B9- _____
Vitamin B12- _____ Vitamin C- _____
Vitamin D- _____ Vitamin E- _____ Vitamin K- _____

7. Fill in the blanks *points: 1*

_____ These are compounds that can be changed to active vitamins.

8. Fill in the blanks *points: 1*

_____ These are naturally occurring vitamins that are in inactive form and ready for biological use.

9. Fill in the blanks *points: 1*

_____ This refers to a condition resulting from lack of a vitamin. In the later stage of this condition when more defined signs and symptoms occur, a nutritional deficiency disease is recognizable.

10. Fill in the blanks *points: 1*

_____ This is sometimes referred to as "vitamin toxicity," a result of excessive accumulation of a vitamin in the body.

11. Fill in the blanks *points: 1*

_____ These are substance that interfere with the normal functioning of a vitamin. The need to be similar in chemical composition as the vitamin the "antagonize."

Nutrition Chapter Quiz

L Cohen

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Table of Contents Nutrition Chapter Quiz

1. Understanding the eBook Nutrition Chapter Quiz
 - The Rise of Digital Reading Nutrition Chapter Quiz
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Chapter Quiz
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Chapter Quiz
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Chapter Quiz
 - Personalized Recommendations

- Nutrition Chapter Quiz User Reviews and Ratings
- Nutrition Chapter Quiz and Bestseller Lists
- 5. Accessing Nutrition Chapter Quiz Free and Paid eBooks
 - Nutrition Chapter Quiz Public Domain eBooks
 - Nutrition Chapter Quiz eBook Subscription Services
 - Nutrition Chapter Quiz Budget-Friendly Options
- 6. Navigating Nutrition Chapter Quiz eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition Chapter Quiz Compatibility with Devices
 - Nutrition Chapter Quiz Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition Chapter Quiz
 - Highlighting and Note-Taking Nutrition Chapter Quiz
 - Interactive Elements Nutrition Chapter Quiz
- 8. Staying Engaged with Nutrition Chapter Quiz
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Chapter Quiz
- 9. Balancing eBooks and Physical Books Nutrition Chapter Quiz
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Chapter Quiz
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nutrition Chapter Quiz
 - Setting Reading Goals Nutrition Chapter Quiz
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nutrition Chapter Quiz
 - Fact-Checking eBook Content of Nutrition Chapter Quiz

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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