PART 1: MULTIPLE CHOICE QUESTIONS

1. What are vitamins?

a) Proteins that provide energy

b) Organic compounds essential for body function

c) Fats stored in the liver

d) Minerals found in bones

2 . Which vitamin is known for preventing scurvy?

a) Vitamin A

b) Vitamin B

c) Vitamin C

d) Vitamin D

3. Where do fat-soluble vitamins get stored?

a) Kidneys

b) Liver and fat cells

c) Bloodstream

d) Muscles

4. Which of the following is a water-soluble vitamin?

a) Vitamin A

b) Vitamin D

c) Vitamin C

d) Vitamin K

5. What is the role of vitamin E?

a) Blood clotting

b) Bone development

c) Antioxidant protection

d) Digestion

6. Which substance helps fat-soluble vitamins be absorbed in the body?

a) Stomach acid

b) Bile

c) Water

d) Enzymes

LIVEWORKSHEETS