

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