

**Are these statements True or False?**

1. Vitamin C can be used to preserve food. **True / False**
2. The number of diseases caused by the lack of vitamin C is lower today. **True / False**
3. People need 16mg of vitamin C a day. **True / False**
4. Research proved that vitamin C can prevent disease and cure colds. **True / False**
5. Too much vitamin C can cause diarrhea, kidney stones, and dental problems. **True / False**
6. People who take large amounts of vitamin C should stop immediately. **True / False**
7. Fruit and vegetables with the green color are low in vitamin C. **True / False**