

LAB PRACTICE 5th SEMESTER

NAME: _____ DATE: _____



<https://www.youtube.com/watch?v=ISZLTJH5IYg&t=93s>

How many vitamins are necessary to keep the human body running?

- ☐ A 1
- ☐ B 3
- ☐ C 5
- ☐ D Too many to count
- ☐ E None are essential

Which vitamins are water-soluble?

- ☐ A A & B
- ☐ B B & C
- ☐ C C & D
- ☐ D D & E
- ☐ E E & K

Where can you find water-soluble vitamins in your body?

- ☐ A Skin cells
- ☐ B Muscle
- ☐ C Blood
- ☐ D Fingernails
- ☐ E Saliva

How do lipid-soluble vitamins from milk and butter dissolve in the body?

- ☐ A They are covered by lipid droplets and moved around the muscles
- ☐ B They are absorbed directly by the blood because our blood plasma is lipid-based
- ☐ C They can't be dissolved because we can't absorb them
- ☐ D They are broken down by acids from the intestines and absorbed into the blood
- ☐ E They are consolidated into large particles and stored in a specific place in the body

Which benefits can vitamins provide our body?

- ☐ A Release energy from food
- ☐ B Defend infection and immunity
- ☐ C Make blood and bones
- ☐ D Make sure all the cells are working properly and sufficiently
- ☐ E All of them

How many fruits and vegetables do you need to get enough daily vitamins?

- ☐ A Eat as much as you can of any one fruit or vegetable; there's no limitation
- ☐ B Don't get too many of any one fruit or veggie; levels can become toxic
- ☐ C One apple per day is enough to have all vitamins you need
- ☐ D Fruits and vegetables aren't necessary; we can eat meat to get all the necessary vitamins
- ☐ E Different fruits and vegetables provide different vitamins, and we need them all

Make a chart of the vitamins mentioned in the video and the role of each in the body