

SEM – 2 : CC3 : UNIT – 6

Questions

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| 1. Why are vitamins necessary in our diet? | 2 | |
| 2. Mention 10 essential vitamins your body needs and explain why? | 10 | |
| 3. Which vitamin is a group of vitamins? State their particular nature. | 10 | |
| 4. What are the 13 vitamins your body needs? | 6 | |
| 5. What are the main sources of vitamins? | 4 | |
| 6. What are the two classes of vitamins? State an example of each. | 4 | |
| 7. State the vitamin contents in- | | |
| a. Apple | | |
| b. Banana | | |
| c. Blackberries | | |
| d. Egg | | |
| e. Cheese | 5 | |
| 8. Why are vitamins named after letters? | 3 | |
| 9. State the differences between fat soluble and water-soluble vitamins with relevant examples. | | 8 |
| 10. Who is known as the father of vitamin? | 1 | |