

**VITAMIN BASICS**

**2.0 HRS**

**ILLINOIS CHILD CARE BUREAU**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 \_\_\_\_\_  
*Provider Signature* *Date Completed*

- 1. Our bodies function quite well without enough vitamins and minerals. T F
- 2. Fat soluble vitamins can be stored in our bodies for future use. T F
- 3. Water soluble vitamins are primarily found in vegetable oils, fatty fish and dairy foods. T F

Place an **X** in the appropriate column for each vitamin: Fat Soluble Water Soluble

- |                |       |       |
|----------------|-------|-------|
| 4. vitamin A   | _____ | _____ |
| 5. niacin      | _____ | _____ |
| 6. vitamin B 6 | _____ | _____ |
| 7. vitamin C   | _____ | _____ |
| 8. vitamin D   | _____ | _____ |
| 9. vitamin E   | _____ | _____ |

- 10. List one reason we require minerals in our diet.  
 \_\_\_\_\_
- 11. Trace elements are needed in large amounts in our diets. T F
- 12. Healthy people can obtain all the vitamins and minerals necessary for good health from eating a variety of wholesome foods. T F
- 13. The majority of Americans do take a vitamin supplement each day. T F
- 14. Only 10 – 15% of the nutrients in a vitamin pill are absorbed. T F
- 15. Most studies confirm that taking zinc will definitely shorten the length of a cold. T F
- 16. Taking large doses of single nutrient supplements or high potency vitamin-mineral combinations is entirely safe. T F
- 17. Pregnant and or breastfeeding women require higher levels of many nutrients. T F
- 18. How can you test whether the calcium in a supplement can be effectively absorbed by your body?  
 \_\_\_\_\_
- 19. Calcium in vitamin pills is better absorbed than calcium found in foods. T F
- 20. Vitamin C helps iron to be absorbed if taken at the same time. T F
- 21. Eating iron containing drugs is the most common cause of poisoning deaths in young children. T F
- 22. Taking vitamin and mineral supplements is an inexpensive way to ensure good health. T F
- 23. What is the best way to ensure optimal health as far as diet is concerned?  
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