

# [Vitamins- pre-assessment learning](https://assignbuster.com/vitamins-pre-assessment-learning/)

Vitamins are calorie-dense nutrients that are needed in tiny amounts in the diet and help to drive cellular processesfalseFat soluble vitamins are easily absorbed and excreted in urinefalse ONVITAMINS- PRE-ASSESSMENT LEARNING SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder NowNight blindness and xerophthalmia are the early and late stages of a vitamin A deficiencytrueThe most important and well-known role of vitamin D is to help synthesize proteins that help clot bloodfalseVitamin D deficiency in children can lead to an abnormality of bone formation called ricketstrueVitamin E supplements improve the blood clotting activity of vitamin KfalseVitamin E is an antioxidant that protected saturated fat from oxidationfalseThe main role of vitamin K is to help activate the proteins that help blood clottrueWater-soluble vitamins are easily absorbed and stored in the liverfalseSome water soluble vitamins are destroyed when exposed to light, heat or oxygen during processingtruVegetables and citrus fruits are excellent sources of vitamin CtrueB vitamins act as parts of coenzymestrueFolate intake before and during pregnancy is related to neural tube defectstrueThe best way to select foods that are rich in vitamins is to make sure that each food selected is the richest source of particular vitamin you needfalseVegetarians should take a vitamin supplement because plants are grown in soil that is deficient in nutrientsfalse