

## Vitamins & Minerals

(a) State **two** functions of ascorbic acid (Vitamin C) in the diet. (4)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(b) State how Vitamin C assists the absorption of iron. (2)

\_\_\_\_\_  
\_\_\_\_\_

(2004 SQ HL)

3. State **one** possible effect on the body of each of the following dietary deficiencies. (6)

Dietary deficiency	Possible effect
Lack of Thiamine (B <sub>1</sub> )	
Lack of Folic Acid	
Lack of Cobalamin (B <sub>12</sub> )	

(2004 SQ HL)

3. (a) State **one** function of folate (folic acid). (2)

\_\_\_\_\_

(b) Name **two** good dietary sources of folate (folic acid). (4)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(2005 OL)

5. (a) Name **two** water-soluble vitamins. (2)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(b) List **two** guidelines that should be followed when preparing vegetables in order to reduce vitamin loss. (4)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(2005 OL)

3. (a) List **four** different sources of calcium in the diet. (6)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

(b) Identify **two** factors that inhibit the absorption of calcium.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(2007 HL)

3. (a) State **one** function of iron in the body.

\_\_\_\_\_

(b) List **two** good dietary sources of iron.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

(2007 OL)

2. Give **one** main function of potassium.

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List **two** good sources of potassium in the diet.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

(2008 HL)

3. Name the **two** classes of vitamins and state **one** example of each class. (6)

Class	Example
(i)	(i)
(ii)	(ii)

(2008 OL)

2. Identify a vitamin necessary for the absorption of **each** of the minerals listed below. (6)

Mineral	Vitamin
Calcium	
Iron	

(2009 HL)

4. Outline **two** functions of Vitamin C in the body. (6)

(i) \_\_\_\_\_  
(ii) \_\_\_\_\_

Name **two** good dietary sources of Vitamin C.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

(2009 OL)