

CHAPTER 11: Fat Soluble Vitamins

1. Know the characteristics of fat soluble vitamins (table on page 300)?
2. Vitamin A: What are its various forms?
3. What transports it?
4. What are its functions?
5. Where it is stored?
6. Know what plant based precursor is converted to Vitamin A in the body and where does it take place
7. Know signs and symptoms of Vitamin A deficiency
8. How long would it take for Vitamin A deficiency to occur if you began eating a diet low in Vitamin A?
9. Know good sources of Vitamin A.
10. What are the symptoms of Vitamin A toxicity?
11. What symptoms would occur with a large intake of dark orange vegetables?
12. Know how the body synthesizes Vitamin D
13. What is the main function of Vit D?
14. Know the deficiency disease for Vitamin D in adults and children and their symptoms
15. Why are the elderly at risk for Vitamin D deficiency?
16. Excess amounts of Vitamin D may lead to what problem in adults?
17. Know what the best sources of vitamin D in diet are
18. Know what the main function of Vit E is.
19. Know what condition results with Vitamin E deficiency
20. Know good food sources of Vitamin E
21. Know the main function of Vitamin K
22. Know good sources of Vitamin K
23. What important clotting compound requires Vitamin K?
24. Why is Vitamin K given to newborns?
25. Which vitamin is synthesized by intestinal bacteria?