

## **Vitamins Lecture Review**

**Q.1)** Define Vitamins?

**Q.2)** Mention the classification of vitamins. And give two examples of each class.

**Q.3)** Mention the general properties of the two classes of vitamins.

**Q.4)** Give two sources for each of the following vitamins:

a) Vitamin A, Vitamin D, Vitamin E, Vitamin K ... etc.

b) Vitamin B1, Vitamin B2, Vitamin C, Vitamin B12 ...etc.

**Q.5)** Mention the physiological significance of the following vitamins:

Vitamin A, Vitamin K, Vitamin B6, Vitamin B1...etc.

**Q.6)** Mention the symptoms related to the deficiency of the following vitamins: Vitamin B2, Vitamin B7, Vitamin B9, Vitamin E...etc.

**Q.7)** Write short note about water soluble vitamins.

**Q.8)** Write short note about fat soluble vitamins.

**Q.9)** Mention the general properties of water soluble vitamins.

**Q.10)** Mention the general properties of fat soluble vitamins.

**Q.11)** Match the following:

- |                            |   |
|----------------------------|---|
| a) B5                      | 1) toxic effect of fat soluble vitamins |
| b) Hypervitaminosis        | 2) Pernicious anemia                    |
| c) Vitamin A               | 3) Beriberi                             |
| d) Vitamin D               | 4) Disorder in blood clotting           |
| e) Vitamin B3              | 5) Pellagra                             |
| f) Vitamin B1(thiamine)    | 6) Anemia                               |
| g) Vitamin B12             | 7) Scurvy                               |
| h) Vitamin K               | 8) Fatty liver                          |
| i) Vitamin C               | 9) Rickets                              |
| j) Vitamin B6 (Folic acid) | 10) Night blindness                     |

## Answers for Vitamin lecture review questions

**Q.1) Vitamins:** organic compounds occurring in small quantities in different natural food and it's necessary for growth and maintenance of good health. متطلبات الفيتامينات تتغير حسب العمر و الجنس و النشاط الفسلجي.

**Q.2)** The vitamins are mainly classified into:

1. Fat Soluble Vitamins Vitamin A, D, E and K are fat soluble vitamins.
2. Water Soluble Vitamins Vitamin B complex and vitamin C are water soluble.

**Q.3)** الاجابة هو الجدول الموجود في الصفحة العربي

**Q.7)** Water Soluble Vitamins: Vitamin B complex and vitamin C are water soluble. They are compounds of carbon, hydrogen, oxygen and nitrogen. They are not stored in the body therefore they required daily in small amount.

**Q.8)** Fat Soluble Vitamins: These are oily and hydrophobic compounds. These are stored in the liver كبد and are not excreted out of the body. Vitamin A, D, E and K are fat soluble vitamins. Because these vitamins can be stored, their excessive intake may have toxic effect and can result in Hypervitaminosis.

**Q.9) & Q.10)** الاجابة موجود في الصفحة العربي

## Additional questions & answers

### Q.1) Mention the effect of Hypervitaminosis of vitamin A.

1. Damage blood cells
2. Skin rashes طفح جلدي
3. Head aches صداع
4. Jaundice يرقان

### Q.2) Mention the symptoms of the Pernicious Anemia.

1. Ineffective production of red blood cells. تصنيع غير جيد لخلايا الدم الحمراء
2. Faulty myelin (nerve sheath) synthesis. تصنيع غير جيد للانسجة المغلفة للأعصاب
3. Loss of epithelium (membrane lining) of the intestinal. فقدان بطانه الأمعاء الطلائية

### Q.3) Mention the symptoms of Beriberi disease.

1. Characterize by muscular weakness ضعف في العضلات
2. Swelling of the heart. تضخم في القلب
3. Leg cramps تشنجات في الساق

### Q.4) Mention the symptoms of Scurvy disease.

1. Loss of the cementing action of collagen.
2. Loosening of teeth and cellular changes in the long bones of children.
3. Hemorrhages. نزيف