

1. Which of the following is not considered a fat soluble vitamin?

- A. Vitamin A
- B. Vitamin B
- C. Vitamin K
- D. Vitamin E

2. Which of the following is not considered a water soluble vitamin?

- A. Vitamin B
- B. Vitamin C
- C. Vitamin D
- D. Vitamin B12

3. Which of the following is caused by a B5 deficiency?

- A. Ectopic pregnancy
- B. Nausea
- C. Dermatitis
- D. Fever

4. Which of the following is caused by a B6 deficiency?

- A. Excessive irritability
- B. Nonproductive cough
- C. Dry mouth
- D. Depression

5. Which of the following is caused by a B12 deficiency?

- A. Glossitis
- B. Fever
- C. Hypertension
- D. Edema

6. Which of the following is caused by a Vitamin C deficiency?

- A. Fever
- B. Anemia
- C. Headaches
- D. Nausea

7. Which of the following is caused by a Vitamin K deficiency?

- A. Bruising
- B. Optic Nerve degeneration
- C. Anemia
- D. Hemorrhage (infants)

8. Another name for Vitamin B1 is ____ .

- A. Thiamine
- B. Riboflavin
- C. Pyridoxine
- D. Cobalamin

9. Which of the following foods is not high in potassium?

- A. Oranges
- B. Bananas
- C. Tomatoes
- D. Turnips

10. Which of the following vitamins will be the most common in: oils from cereal seeds, salad oils, margarine and shortenings?

- A. Vitamin A
- B. Vitamin D
- C. Vitamin E
- D. Vitamin K

11. Which of the following vitamins will be the most common in: leafy green vegetables, egg yolk and soy oil?

- A. Vitamin A
- B. Vitamin D
- C. Vitamin E
- D. Vitamin K

12. Which of the following vitamins will be the most common in: fish liver oils, milk, and egg yolk?

- A. Vitamin A
- B. Vitamin D
- C. Vitamin E
- D. Vitamin K

13. Another name for Vitamin B12 is _____ .

- A. Pantothenic Acid
- B. Cyanocobalamin
- C. Niacin
- D. Riboflavin

14. Which of the following does not contain a high concentration of Niacin?

- A. Yeast
- B. Meat
- C. Liver
- D. Corn

15. Which of the following does not contain a high concentration of Vitamin A?

- A. Strawberries
- B. Oranges
- C. Green Vegetables
- D. Yellow Vegetables

Answer Key

- 1. B
- 2. C
- 3. C
- 4. A
- 5. A
- 6. B
- 7. D
- 8. A
- 9. D
- 10. C
- 11. D
- 12. B
- 13. B
- 14. D
- 15. C