

Vitamins

1. Explain the two-classifications fat-soluble and water-soluble vitamins.

2. Fat-Soluble Vitamins

- i) Vitamin A**
- ii) Vitamin D**
- iii) Vitamin E**
- iv) Vitamin K**

For each of the vitamins above, include three functions, three food sources and one deficiency.

3. Water-Soluble Vitamins

- i) Vitamin C (Ascorbic Acid)**
- ii) Vitamin B1 (Thiamin)**
- iii) Vitamin B2 (Riboflavin)**
- iv) Vitamin B3 (Niacin)**
- v) Vitamin B9 (Folic acid / folate)**
- vi) Vitamin B12**

For each of the vitamins above, include three functions, three food sources and one deficiency.