

2. Name the vitamin in each of the following food source.



a) Vitamin C



c) Folic acid



b) Vitamin B12



d) Vitamin B1 and B2 (1 mark for each correct response) (4 marks)

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# 3. State two functions for each of the following vitamins.

### Vitamin B1

- Needed for metabolic reactions that release energy from carbohydrates
- Needed for the normal growth of children.
- Needed for the function and maintenance of nerves

## Vitamin B2

- Needed for normal growth.
- Needed for the release of energy from food, especially for amino acids and fats by oxidation.
- Helps maintain good vision, healthy hair, skin, and nails.
- Needed for red blood cell formation and respiration.
- Needed to regulate human growth and reproduction.

(Any two, 2 marks)

(Any two, 2 marks)

# Vitamin B12

- Needed for the metabolism of amino acids and other enzyme systems in the body.
- Works with folate to make red blood cells.
- Needed for normal nerve function.
- Helps to build protein tissues.

(Any two, 2 marks)

### Folic Acid

- Important for normal growth.
- Important for formation of red blood cells.
- Required for the release of energy from food, especially amino-acids
- Important for the production of the nucleic acids RNA and DNA.

(Any two, 2 marks)

# Vitamin C

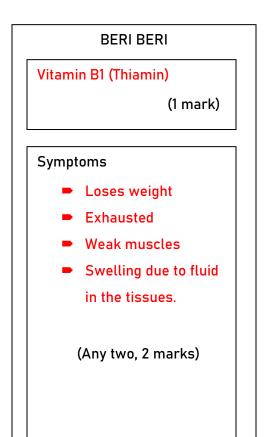
- Needed to make connective tissue which binds the body cells together.
- Helps absorb the mineral iron
- Helps build strong bones and teeth
- Required for the production of blood and blood vessels
- Needed for the building and maintenance of the skin and linings of the digestive system
- Helps vitamin E in its role as an antioxidant to prevent heart disease
- Needed to make collagen.

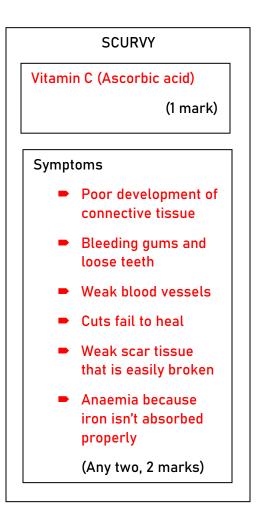
(Any two, 2 marks)

(10 marks)

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4. a) Name the vitamin associated with the following deficiency diseases and give two symptoms of each disease.





(6 marks)

TOTAL 24 marks

22 – 24 Excellent 16 – 21 Good

15 and under – Review information and try again

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