

FOOD, NUTRITION AND HEALTH

Worksheet – Water Soluble Vitamins

Answer All Questions

1. Match the following Water Soluble Vitamins to their scientific names.

Insert an arrow or
line to connect the
answer

B1

Cobalamin

B2

Thiamin

B12

Ascorbic Acid

C

Riboflavin

(4 marks)

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



a) _____



b) _____



c) _____



d) _____

(4 marks)

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

Vitamin B1

- _____
- _____

Vitamin B2

- _____
- _____

Vitamin B12

- _____
- _____

Folic Acid

- _____
- _____

Vitamin C

- _____
- _____

(10 marks)

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

BERI BERI
Vitamin _____
Symptoms
1. _____

2. _____

SCURVY
Vitamin _____
Symptoms
1. _____

2. _____

(6 marks)

TOTAL 24 marks