

LESSON 4 - ASSIGNMENT

1. In your own words explain in 2-3 sentences whether people who eat meat, or vegetarians would have more trouble getting their recommended daily intake of Vitamin A and why.
2. Explain the role of food fortification in human vitamin intake. Write up to one paragraph.
3. Describe how gastrointestinal diseases affect vitamin intake in one paragraph.
4. Separate all the vitamins in the lesson into those a vegetarian would have trouble getting adequate amounts and would readily get adequate amounts of.
5. People with blood clotting problems need to take care with their intake of which two vitamins?
6. List 3 differences between fat soluble and water soluble vitamins.
7. Which is more common, water soluble or fat soluble hypervitaminosis, explain why. Write 100-150 words.
8. You are consulting with three people. List vitamins they would likely be deficient in, any they might consume in excess and any they need to take particular care with:
 - A 20 year old woman eats poultry and fish, not red meat, enjoys going out drinking with her friends over the weekend, lactose intolerant.
 - A middle aged man, smoker, eats red meat and limited vegetables, typically snacks on pre-packaged, medium to high fat content foods.
 - A teenage girl who, being concerned about her weight maintains a very low fat intake, consuming primarily vegetables and fruits, with some white rice or pasta and the occasional low fat yoghurt. Drinks only water.