Please circle the correct answer for each question.

**What is the difference between vitamins and minerals?**

- a. Our bodies make vitamins, but not minerals.
- b. Vitamins come from plants or animals; minerals are from the earth.
- c. Vitamins supply energy; minerals are used to make new cells.

**What chronic disease is related to low levels of calcium?**

- a. Osteoarthritis
- b. Osteoporosis
- c. Chronic fatigue
- d. Heart disease

**Which food is an excellent source of vitamin C?**

- a. Sweet red pepper
- b. Shrimp
- c. Liver
- d. All of the above

**Why is vitamin D sometimes called the sunshine vitamin?**

- a. It helps protect skin against sun damage.
- b. Your skin makes vitamin D when exposed to sunlight.
- c. Vitamin D is found mostly in tropical fruits like oranges, lemons and other citrus fruits.

**What are food sources of vitamin K?**

- a. Green leafy veggies
- b. Brussels sprouts
- c. Cauliflower
- d. All of the above

**Eating a healthy diet is the best way to get sufficient amounts of the vitamins and minerals you need.**

[ ] True  [ ] False

**Which vitamin is a critical component in vision?**

- a. Vitamin A
- b. Vitamin B
- c. Vitamin D
- d. Vitamin K

**What two minerals work together to help muscles contract and relax?**

- a. Potassium and chloride
- b. Calcium and vitamin K
- c. Potassium and sodium
- d. Magnesium and iron

**What vitamin B helps prevent birth defects and is important for heart health and for cell development?**

- a. Vitamin B6
- b. Folic acid
- c. Riboflavin
- d. Vitamin B12

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