

Name _____

The Vitamin Voyage: Exploring the Tiny Nutrients with Big Impact

Multiple Choice Questions

1. What are vitamins?
 - a) Large molecules made of carbon, hydrogen, and oxygen
 - b) Essential nutrients that our bodies need in small amounts
 - c) Found only in supplements
 - d) None of the above

2. How many essential vitamins are there?
 - a) 5
 - b) 10
 - c) 13
 - d) 20

3. What is the role of antioxidants in the body?
 - a) Protect cells from damage caused by free radicals
 - b) Help with bone health
 - c) Support immune function
 - d) All of the above

4. How can we get vitamins?
 - a) From sunlight
 - b) From supplements
 - c) From foods we eat
 - d) All of the above

5. Why is it important to understand vitamins?
 - a) To maintain good health
 - b) To avoid all vitamins
 - c) To only eat foods high in vitamins
 - d) None of the above

