

Cause and Effect

Activity C

Chapter 8

Name _____

Date _____ Period _____

Fill in the missing information to complete the chart below. In some cases, you will need to provide the cause of the problem that is given. In other cases, you will list the effect of the deficiency or excess given.

Cause	Effect
1.	1. Night blindness
2.	2. Beriberi
3. Riboflavin deficiency	3.
4.	4. Rickets
5. Vitamin E deficiency in premature babies	5.
6.	6. Nausea; loss of appetite; dry, scaly skin; abnormal heart rhythms
7. Excess vitamin A	7.
8. Large doses of vitamin B ₆	8.
9.	9. Jaundice
10. Folate deficiency	10.
11.	11. Pellagra
12. Inability to absorb vitamin B ₁₂	12.
13. Vitamin D excess	13.
14.	14. Scurvy
15. Toxic levels of niacin	15.
16. Megadoses of vitamin C	16.

Vitamin Sources and Functions

Activity B

Name _____

Chapter 8

Date _____ Period _____

Use a food composition table or other reliable source to complete the chart below. For each vitamin, list foods that are good sources. Then list functions of the vitamin in the body, the classification (whether the vitamin is fat-soluble or water-soluble), and the RDA or AI recommendation for someone of your age and gender.

Vitamin	Food Sources	Functions	Classification	RDA or AI
1. biotin				
2. folate				
3. niacin				
4. pantothenic acid				
5. riboflavin				
6. thiamin				
7. vitamin A				
8. vitamin B ₆				
9. vitamin B ₁₂				
10. vitamin C				
11. vitamin D				
12. vitamin E				
13. vitamin K				