

6th year exam

HOME ECONOMICS

ST DOMINIC'S SECONDARY SCHOOL

2 Outline the difference between retinol and beta carotene (vitamin A).

Retinol	Beta carotene

3 Outline four biological functions of vitamin A.

- a) _____
- b) _____
- c) _____
- d) _____

4 What are the main effects of deficiency of vitamin A in the diet?

- a) _____
- b) _____
- c) _____
- d) _____

5 What do you understand by the term *hypervitaminosis*?

6 List four properties of vitamin D.

a)

b)

c)

d)

7 List the main sources of cholecalciferol in the diet.

8 List the RDA of vitamin D for the following groups of people.

Children	
Teenagers	
Adults	
Pregnant women	

9 State the main functions of vitamin E.

- 14 Outline the functions of vitamin C and the effects of vitamin C deficiency.

Functions	Deficiency

- 15 Name four good dietary sources of vitamin C.

a) _____ c) _____
b) _____ d) _____

- 16 Explain how vitamin C assists the absorption of iron in the body.

- 17 Outline the functions of the following B group vitamins.

B12 cobalamin	Folic acid

- 14 Outline the functions of vitamin C and the effects of vitamin C deficiency.

Functions	Deficiency

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B12 cobalamin	Folic acid

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a) _____

b) _____

c) _____

d) _____

16 Explain how vitamin C assists the absorption of iron in the body.

17 Outline the functions of the following B group vitamins.

B12 cobalamin	Folic acid

- 21 Fill in the table on the sources, functions, effects of deficiency and the properties of vitamins B1, B2 and niacin.

	B1 thiamine	B2 riboflavin	Niacin
Sources			
Functions			
Deficiency			
Properties			

- 22 Write a brief note on each of the following :

Pellagra: _____

Beri-beri: _____

Scurvy: _____

Anaemia: _____

- 4 Discuss the absorption of calcium in the body. Refer to factors that help it and factors that inhibit it.

Factors that help	Factors that inhibit

- 5 Explain the following terms.

Rickets: _____

Osteomalacia: _____

Osteoporosis: _____

Dental decay: _____

Osteomalacia: _____

Osteoporosis: _____

Dental decay: _____

- 6 Name one *function* of iron in the body and one *deficiency* of iron in the body.

Function: _____

Deficiency: _____

- 7 List two good dietary sources of haem iron.

a) _____

b) _____

- 8 Differentiate between haem iron (ferrous iron) and non-haem iron (ferric iron).



10 List the factors that inhibit the absorption of iron into the body.

11 Complete the following table.

Mineral	Zinc	Iodine	Potassium
Source			
Functions			
Deficiency			
RDA			

