



# Advanced Quiz: Vitamins & Minerals

## 1. Function Matching

Match each nutrient to its main role:

Nutrient	Function
Vitamin D	_____
Iron	_____
Vitamin C	_____
Calcium	_____

### Options:

- a) Supports strong bones and teeth
  - b) Helps red blood cells carry oxygen
  - c) Helps the body absorb calcium
  - d) Supports the immune system and wound healing
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## 2. Deficiency Question

Which nutrient deficiency might cause:

- a) Fatigue and anemia \_\_\_\_\_
  - b) Weak bones or rickets \_\_\_\_\_
  - c) Slow wound healing \_\_\_\_\_
  - d) Night blindness \_\_\_\_\_
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## 3. Scenario Question

Liam eats a diet low in leafy greens and dairy. Which vitamin or mineral might he be at risk of lacking? Explain why.

#### 4. Multiple Choice

Which statement is TRUE?

- A. Minerals like iron and calcium are stored in the body the same way as fat-soluble vitamins.
  - B. Vitamin C is water-soluble and helps absorb iron from food.
  - C. Vitamin D is water-soluble and must be consumed daily.
  - D. Minerals are only needed in trace amounts and don't affect health.
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#### 5. Short Answer

Explain how vitamins and minerals **work together** to support bone health.

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## Answer Key – Vitamins & Minerals Quiz

### 1. Function Matching

Nutrient

Function



Vitamin D a) Supports strong bones and teeth (helps calcium absorption)

Iron b) Helps red blood cells carry oxygen

Vitamin C d) Supports the immune system and wound healing

Calcium c) Helps the body absorb calcium (**correction:** Calcium itself builds bones; Vitamin D helps absorb it, but the quiz can accept explanation)\*\*

**Note:** Accept answers that explain that calcium builds bones and vitamin D is needed to absorb it.

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## 2. Deficiency Question

- a) Fatigue and anemia → **Iron**
  - b) Weak bones or rickets → **Vitamin D / Calcium**
  - c) Slow wound healing → **Vitamin C**
  - d) Night blindness → **Vitamin A**
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## 3. Scenario Question

### Answer:

Liam may lack **calcium and vitamin D** (for bones) and possibly **iron** (if he's not eating leafy greens or other iron-rich foods). Reason: leafy greens provide iron and vitamin C helps absorb it; dairy is a primary calcium source, and vitamin D helps calcium absorption.

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## 4. Multiple Choice

**Correct answer:** B. Vitamin C is water-soluble and helps absorb iron from food.

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## 5. Short Answer



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**Sample Answer:**

Vitamins and minerals work together to support bone health. For example, **calcium** builds strong bones, while **vitamin D** helps the body absorb calcium efficiently. Magnesium and vitamin K also support bone structure.