

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# VITAMIN A

1. 2. The cause of Vitamin A deficiency in the US is related to poor food \_\_\_\_\_ 3. Fortified \_\_\_\_\_ to eat cereals is one of the best sources of Vitamin A 5. Research supports eating fruits and vegetables rather than \_\_\_\_\_ 2. prevent chronic disease 8. \_\_\_\_\_ contain B-carotene which is found in yellow and orange pigmented fruits and vegetables 10. \_\_\_\_\_ is a fat-splitting enzyme to carry out hydrolysis of fat 1. Beta-carotene is a pro-vitamin form of \_\_\_\_\_ 4. Vitamin A is needed for sexual maturation and plays an important role in the fetal development of the \_\_\_\_\_ 6. The natural form of vitamin A; found only in animal foods and associated with \_\_\_\_\_ 3. 7. Vitamin A is essential for the growth of \_\_\_\_\_ 9. Vitamin A is best known for \_\_\_\_\_ 11. Preformed vitamin A (retinol) is mostly stored in the \_\_\_\_\_ 12. Vitamin are grouped according to \_\_\_\_\_ 4. 10 11 \_\_\_\_\_ 5. 13 \_\_\_\_\_ 6. 10/8/2018 Vitamin A - \_\_\_\_\_ 7. <https://wordmint.com/puzzles/949360> \_\_\_\_\_ 8. Word Bank Vitamin A Liver Preformed Vitamin A Selection Xerophthalmia Water Soluble A D E K Bones Night blindness Vitamins Solubility Stored Central Nervous System Ready Cooked Pancreatic lipase Carrots Vision Macronutrients \_\_\_\_\_ 9. emulsions containing vitamin A 13. Fat soluble vitamins 14. \_\_\_\_\_ vegetables can be a better source of carotenoids 16. Dry and hardening of the cornea due to lack of Vitamin A 17. Fat soluble vitamins can \_\_\_\_\_ 10. \_\_\_\_\_ 18. It cannot be manufactured by the body and must come from diet 19. Carbohydrates, fats, and proteins are \_\_\_\_\_ 20. Lack of Vitamin A can cause \_\_\_\_\_ 11. 15. Vitamins C and bcomplex vitaminsemulsions containing vitamin A 13. Fat soluble vitamins 14. \_\_\_\_\_ vegetables can be a better source of carotenoids 16. Dry and hardening of the cornea due to lack of Vitamin A 17. Fat soluble vitamins can \_\_\_\_\_
- A. be  
B. \_\_\_\_\_  
C. vitamins  
D. 14  
E. \_\_\_\_\_  
F. fat  
G. \_\_\_\_\_ to  
H. WordMint  
I. \_\_\_\_\_  
J. 12  
K. 2/2

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13. 15. Vitamins C and bcomplex

M. Supplements