

## Test 9

### **Evaluation of individual micronutrient intakes: vitamin, mineral and fiber food intakes**

1. The main causes of avitaminosis development.
2. The main causes of endogenous avitaminosis development.
3. Factors increasing the requirement for vitamins in the human body.
4. Foods that are a source of vitamin C.
5. The main clinical signs vitamin C deficiency.
6. Foods that are a source of vitamin B1.
7. Foods that are a source of vitamins B2 and B6.
8. Foods that are a source of vitamin B12 and folic acid.
9. The main clinical signs of vitamin B1 deficiency.
10. Foods that are a source of vitamin D.
11. The main clinical signs of vitamin D deficiency in children.
12. The main clinical signs of vitamin D deficiency in children and adults.
13. Foods that are a source of vitamin A and carotene.
14. The main clinical signs of vitamin A deficiency.
15. Types of vitamin deficiency.
16. Latent forms of vitamin deficiency.
17. Causes of hypervitaminosis in present-day conditions.
18. Prevention of exogenous hypovitaminosis.
19. Rules of vitamin-saving cooking.
20. Properties of water-soluble vitamins that promote hypovitaminosis.
21. Properties of fat-soluble vitamins that promote hypovitaminosis.
22. Daily requirement of adults and children for vitamins A, C, D.
23. Factors that promote ascorbic acid destruction in foods during cooking.