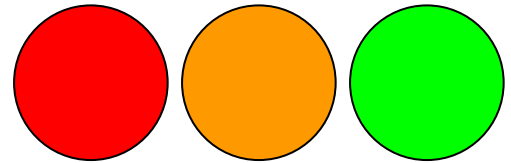


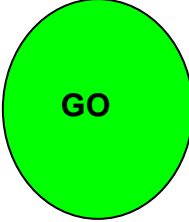
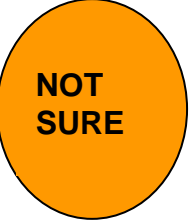
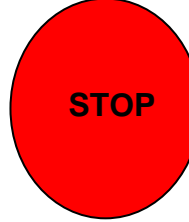
Traffic Lighting - Vitamins

ABCDE...Vitamins!



Vitamin Check Up

Rate your present knowledge of the following as 'Traffic Lights' - Green: if you have a clear understanding, Amber: if you are not too sure, and Red: if you don't understand at all.

Vitamins at the Traffic Lights! Decision Time!! Do I understand ?....			
Can I name the two main categories of vitamins?			
Do I understand the differences between the two main categories of vitamins?			
Can I list sources of each of the vitamins B and C and A, D, E and K?			
Do I understand the functions of each of the vitamins B and C and A, D, E and K?			
Can I name the effects of deficiency of each of the vitamins B and C and A, D, E and K?			
Do I know the RDA for each of the vitamins B and C and A, D, E and K?			
Do I understand how RDA varies for child, adult, pregnancy or elderly?			
Can I distinguish between the different B vitamins in the vitamin B complex?			
Do I understand the properties of each of the vitamins B and C and A, D, E and K?			
Am I aware of the link/relationship many vitamins have with other vitamins or vitamin/mineral relationships?			