



Government of Andhra Pradesh  
Commissionerate of Collegiate Education



**SELF-ASSESSMENT**

**PRODUCTION OF  
VITAMIN-C**

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# Production of Vitamin C

## Self-Assessment.

### I. Multiple choice questions.

1. Which statement is true about Vitamin C
  - a) Vitamin C is a fast soluble vitamin
  - b) Vitamin C is water soluble vitamin**
  - c) Vitamin C can be stored in the body
  - d) Vitamin C dissolves in fat
2. The best source of vitamin C is
  - a) Whole grain
  - b) Lean meals
  - c) Dairy foods
  - d) Fruits and vegetables**
3. Some deficiency of vitamin C are
  - a) Bleeding gums
  - b) Rough dry skin
  - c) Damaged tooth enamel
  - d) All**
4. Which facilitates development of RBC's by enhancing iron absorption
  - a) Vitamin C**
  - b) Biotin
  - c) Riboflavin
  - d) Thiamin
5. Vitamin C is
  - a) Lactic acid
  - b) Citric acid
  - c) Acetic acid
  - d) Ascorbic acid**
6. What disease is called by too little Vitamin C?
  - a) Scurvy**
  - b) Shingles
  - c) Chicken fox
  - d) Measles

7. Vitamin C helps keep the \_\_\_\_\_ strong, which helps is fight off infection.
- a) Immune system
  - b) Brain and nervous system
  - c) Circulatory system
  - d) Muscle system
8. What type of compounds are Vitamin C
- a) Organic compound
  - b) In organic compound
  - c) Living organisms
  - d) None of the above
9. Which of the given is the Main source of vitamin C
- a) Guava
  - b) Pomegranate
  - c) Goose Berry(Amla)
  - d) Mango
10. Name the vitamin not found in any animal Food.
- a) Vitamin B12
  - b) Vitamin C
  - c) Vitamin D
  - d) Vitamin K
11. Antibody synthesis is enhanced by
- a) Vitamin K
  - b) Vitamin C
  - c) Vitamin B
  - d) Vitamin E
12. What is the RDA of vitamin C for adultants?
- a) 20 mg/day
  - b) 10 mg/day
  - c) 25 mg/day
  - d) 90/75 mg/day
13. Vitamin which become inactive of the foods are prepared in copper vessel.
- a) Vitamin B
  - b) Vitamin K
  - c) Vitamin C
  - d) Vitamin E

## II. True or False Assessment

1. Vitamin C is synthesized in the body  
Ans. False
2. The vitamin C or ascorbic acid prevent Scurvy  
Ans. True
3. Vitamin C helps in the healing of wounds.  
Ans. True
4. The study of vitamin is called Vitaminology.  
Ans.
5. Vitamin B and Vitamin C are water soluble vitamins.  
Ans.
6. The word vitamin coined by Casimer Funk  
Ans. True
7. Vitamin word is from language Latin  
Ans. True
8. Vitamin C is a powerful antioxidant.  
Ans. True
9. Vitamin C is needed to make Collagen  
Ans. True
10. Eating more than 2000 mg of Vitamin C a day may cause diarrhea and kidney stones.  
Ans. True
11. Any excess vitamin C will exit in your body in your Urine.  
Ans. True
12. Vitamin C has antioxidant Property.  
Ans. True
13. Deficiency of vitamin C causes Scurvy.  
Ans. True
14. Antibody synthesis is enhanced by Vitamin C  
Ans. True

### III. Match the following.

1.

- |                |                      |   |   |
|----------------|----------------------|---|---|
| a) Vitamin B1  | 1. Pellagra          | [ | ] |
| b) Vitamin B12 | 2. Pernicious anemia | [ | ] |
| c) Vitamin C   | 3. Scurvy            | [ | ] |
| d) Vitamin B3  | 4. Berri             | [ | ] |

Answers: a)4, b)2, c)3, d)1

2. Match the following Vitamins and minerals

their sources

- |           |              |   |   |
|-----------|--------------|---|---|
| a) Amla   | 1. Calcium   | [ | ] |
| b) Carrot | 2. Iodine    | [ | ] |
| c) Milk   | 3. Vitamin C | [ | ] |
| d) Salt   | 4. Vitamin A | [ | ] |

Answers: a)3, b)4, c)1, d)2

3. Match the following

- |              |                                                  |   |   |
|--------------|--------------------------------------------------|---|---|
| a) Vitamin A | 1. Helps our body to use calcium for bones,teeth | [ | ] |
| b) Vitamin C | 2. Helps the body to fight against many diseases | [ | ] |
| c) Vitamin D | 3. Keeps our skin and eyes health                | [ | ] |

Answers: a)3, b)2, c)1

4. Match the following compounds with the functional Groups

- |                    |           |        |
|--------------------|-----------|--------|
| a).Alcohols        | 1.= C=O   | [    ] |
| b) Aldehyde        | 2. –OH    | [    ] |
| c) Ketone          | 3. – COOH | [    ] |
| d) Carboxylic acid | 4. –CHO   | [    ] |

**Answers:** a)2, b)4, c)1, d)3

5. Match the following

- |                    |              |
|--------------------|--------------|
| a) Anaemia         | 1. Vitamin C |
| b) Night blindness | 2. Iodine    |
| c) Scurvy          | 3. Vitamin B |
| d) Goiter          | 4. Iron      |
| e) Beri Beri       | 5. Vitamin A |

**Answers:** a)4, b)5, c)1, d)2, e)3