Watch the video “How Do Vitamins Work?” at <https://ed.ted.com/lessons/what-s-the-value-of-vitamins-ginnie-trinh-nguyen>, complete the attached worksheet while you view the video. Then complete the online quiz on Blackboard. Note: You may access the video directly through Blackboard also.

1. **Humans need the correct amount of vitamins to function. Too much or too little of any one vitamin can cause problems. List five vitamins and problems associated with too much of each one.**

##### Make a list of all five of the vitamins and the role of each in the body.

##### You are a lipid-soluble vitamin. Give yourself a lipid-soluble vitamin name. Describe your complete travels through the body (include ingestion, breakdown, storage and excretion in your description).

1. **How many vitamins are necessary to keep the human body running?**
2. **Which vitamins are water-soluble?**

##### Where can you find water-soluble vitamins in your body?

1. How do lipid-soluble vitamins from milk and butter dissolve in the body?

**A**They are covered by lipid droplets and moved around the muscles

**B**They are absorbed directly by the blood because our blood plasma is lipid-based

**C**They can’t be dissolved because we can’t absorb them

**D**They are broken down by acids from the intestines and absorbed into the blood

**E**They are consolidated into large particles and stored in a specific place in the body

1. Which benefits can vitamins provide our body?

**A**Release energy from food

**B**Defend infection and immunity

**C**Make blood and bones

**D**Make sure all the cells are working properly and sufficiently

**E**All of them