



# Vitamin C investigators

## Quiz and FAQ

1) What are vitamins?

2) What is scurvy?

- Scurvy is a disease, caused by lack of the Vitamin C.
- Scurvy is a condition you get when you are sailing.
- Scurvy is common disease among youngsters.

3) Can we get too high level of Vitamin C in our body?

- Yes, if we eat too much fruit.
- No, because the Vitamin C is a water-soluble vitamin.

4) Which fruit or vegetable contain the biggest amount of vitamin C?

- Orange,
- Kiwi,
- Capsicum,
- Ananas,
- Kale

5) Daily an adult need to get with diet 80 mg of Vitamin C. The capsicum has aprox. 180mg of Vitamin C on 100g of vegetable and the orange aprox. 59mg/100g. Approximately how much capsicum or orange do we need to eat to get the needed daily amount?

- 45g of capsicum or 150 g of orange.
- 20g of capsicum or 200 g of orange.
- 15g of capsicum or 300g of orange.



## Answers

1) What are vitamins?

Vitamins are organic compound synthesized by our body.

Vitamins are organic compounds, essential for our life, growth and health.

Vitamins are anorganic compound, which we get from food.

2) What is scurvy?

- Scurvy is a disease, caused by lack of the Vitamin C.

3) Can we get too high level of Vitamin C in our body?

- No, because the Vitamin C is a water-soluble vitamin.

4) Which fruit or vegetable contain the biggest amount of vitamin C?

- Capsicum.

5) Daily an adult need to get with diet 80 mg of Vitamin C. The capsicum has aprox. 180mg of Vitamin C on 100g of vegetable and the orange aprox. 59mg/100g. Approximately how much capsicum or orange do we need to eat to get the needed daily amount?

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