

ASSIGNMENT

- 1) What are vitamins? Explain their classification.
- 2) List out the food sources of water soluble vitamins.
- 3) Explain on the fortification of water soluble vitamins.
- 4) Write a review report on the stability of water soluble vitamins in different media.
- 5) Write a note on digestion and absorption of water soluble vitamins.
- 6) Write the structure of vitamin B12 and its different forms.
- 7) Write a note on vitamin like compounds.
- 8) What are the different food processing technologies employed to retain water soluble vitamins in food in food processing industries?
- 9) What is the effect of high temperature on the stability of water soluble vitamins? Discuss.
- 10) List out the active forms of each of the water soluble vitamins in the human body.