Cross-Curricular Connections: Q

Directions: Team up with a classmate to become an expert on a vitamin assigned to you by your teacher. Cite the resources that you use to determine the answers to the questions below. Be ready to present the information to your classmates, as instructed by your teacher.

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1.	What is the common name of your vitamin? What is the scientific name?
2.	What is the general purpose of the vitamin in the human body? Describe the vitamin's specific biochemical function in the human body.
3.	What are sources of this vitamin?
4.	Find and draw the chemical structure of the vitamin. Circle any area of polarity. Do you think your vitamin will be water-soluble or fat-soluble? Explain.
5.	Which vitamin type do you think you need to consume more frequently, water-soluble or fat-soluble vitamins? Explain. Can you consume too much of this vitamin? If so, what are the effects of overconsumption? What happens if you don't have enough of this vitamin in your body?