

Reading Comprehension Answers: Vitamin Supplements

- 1) What is the pattern of organization of this article?
 - a) comparison and contrast
 - b) definition
 - c) benefits
 - d) **descriptive**

- 2) According to the article,
 - a) there is only one known benefit of vitamins
 - b) **the link between supplements and disease prevention is weak**
 - c) vitamin supplements have antioxidant effects
 - d) a high intake of vitamin supplements can damage cell membranes

- 3) Definitive evidence regarding dietary factors and disease is difficult to find because
 - a) studies do not take into account long-term dietary programs
 - b) studies are often too limited and often neglect other interfering factors
 - c) subjects may be untruthful about their daily dietary programs
 - d) **all of the above**

- 4) Smoking leads to a higher count of oxygen-free radicals.
 - a) True
 - b) **False**

- 5) What does “they” in paragraph two refer to?
 - a) oxygen-free radicals
 - b) by-products
 - c) **normal chemical processes**
 - d) smoking, environmental toxins, and stress

- 6) What can be inferred from the following statement from paragraph two:
Generally such findings have occurred only in the laboratory.
 - a) that studies on vitamin C effects on blood pressure have been conducted in laboratories only
 - b) that studies on vitamin C effects on blood pressure should be conducted only in laboratories
 - c) **that researchers have not found evidence of vitamin C affecting blood pressure outside of the laboratory**
 - d) that researchers have now found evidence of vitamin C affecting blood pressure outside of the laboratory

- 7) “Deficiencies’ in paragraph two can best be replaced by
 - a) an abundance of
 - b) **a lack of**
 - c) abnormalities in
 - d) an increase in

- 8) Oxygen-free radicals may lead to the development or progression of
- heart disease, cancer, blood disorders, cataracts
 - high blood pressure, cataracts, aging, heart disease
 - cancer, aging, heart disease, cataracts**
 - cancer, aging cataracts, high blood pressure
- 9) What does the prefix “pro,” as in “pro-oxidant” most likely mean?
- for**
 - against
 - above
 - below
- 10) What did the vitamin E study involving the group of nurses indicate?
- that vitamin E supplements become pro-oxidants
 - that the role vitamin E plays in heart-disease prevention is unclear**
 - that the “nurse study” reflects only short-term eating habits
 - that vitamin E supplements provide little or no benefit for men or women
- 11) Which of the following statements is true?
- vitamin E may protect against heart disease and stroke
 - vitamin C may protect against heart disease and stroke
 - vitamin E may protect against stroke and cancer
 - vitamin C may protect against stroke but not cancer**
- 12) It is suggested that
- only 500 mg of vitamin C can lead to cell damage
 - less than 500 mg of vitamin C can lead to cell damage
 - as little as 500 mg of vitamin C can lead to cell damage**
 - exactly 500 mg of vitamin C can lead to cell damage
- 13) A person who has a high blood level of vitamin E
- is at a higher risk for developing cancer
 - is at a reduced risk for developing cancer**
 - is protected only from a first or recurring cancer
 - none of the above
- 14) What is the main idea of paragraph five?
- the role of vitamins in heart disease compared with that of cancer
 - the role of vitamins in cancer prevention**
 - the effects of vitamins E,C, A and beta carotene
 - the dangers of excessive use of supplements in cancer treatment and prevention
- 15) Based on what you have read in this article, in what way are heart disease and cancer similar?
- both can be prevented by increased intake of vitamin E
 - both may be caused by the effects of oxygen-free radical activity
 - neither is significantly affected by vitamin C intake**
 - neither shows any response to high-dose supplement use
- 16) What does “promote” in paragraph six mean?
- encourage**

- b) prevent
 - c) respond to
 - d) interfere with
- 17) Research into the effects of supplements on lung cancer seem to indicate that
- a) beta carotene supplements cause cancer
 - b) beta carotene supplements lead to lung cancer only when taken with vitamin A
 - c) vitamin A supplements may counteract the beneficial activity of beta carotene
 - d) **beta carotene supplements may counteract the beneficial activity of vitamin A**
- 18) “Hazards” in the concluding paragraph can best be defined as
- a) **benefits**
 - b) dangers
 - c) disadvantages
 - d) difficulties