**Watching a video (difficult)**

Watch the following video twice. Make sure that you understand the video. Answer the following questions. Then get in groups of three and compare your answers.

<https://www.youtube.com/watch?v=ISZLTJH5lYg>

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| What are vitamins? |  |
| Who can produce their own vitamins? |  |
| Which types of vitamins are there? |  |
| What are the differences between the two types? |  |
| List the water-soluble vitamins. |  |
| List some sources for water-soluble vitamins. |  |
| List some sources for fat-soluble vitamins. |  |
| What does fat-soluble vitamins need to drive in the blood? |  |
| How does the storage of the water-soluble and the fat-soluble vitamins differ? |  |
| List some functions of vitamins. |  |