

Name _____

Period _____

Biology

Date _____

IT'S ALL ABOUT VITAMINS

1. Early humans originally lived in the rainforest of East Africa. About 2 to 4.5 million years ago, they moved out to the savanna grasslands. Certain humans were better adapted to life on the hot, open plain. What body function and body structure changed to allow those individuals to succeed better in this new environment? Explain how that changed over the next million years of evolution.

2. What is the chemical that is responsible for tanning in our skin? _____

3. Why did scientists originally think that dark skin evolved? What protection does it offer humans?

4. Why weren't scientists satisfied with that explanation? _____

5. What is folate? Why do we need it? What does a folate deficiency cause in humans?

6. What can cause a folate deficiency? _____

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7. How is vitamin D used in our bodies? _____

8. How do we get vitamin D? _____

9. Explain how the evolution of dark skin in the tropics and light skin in the north relates to our need for both folate and vitamin D.

10. List the research evidence that supports this explanation for the variations in human skin color.
