

ONLINE COACHING - DAY 100 (05/12/2020 - SATURDAY)

Total points 25/25 ?

Topic : Vitamines and Nutrients

0 of 0 points



Name of the Candidate *

M5

Place of the candidate *

Thrissur



WHATS APP NUMBER (JOINED IN SAI EDUCATION ONLINE COACHING PLATFORM GROUP) *

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Please watch the following videos and answer the following questions

25 of 25 points

<https://youtu.be/XJrzZ3o4KOM>
https://youtu.be/Dgiewj6_jfc

✓ 1. Vitamins are discovered by *

1/1

- Felics Hopman
- Frederick hopking
- Casimir Funk
- Calr Linneaus



✓ 2. The term "Vitamin " is coined by *

1/1

- Frederick hopking
- Carl Linnaeus
- Casimir funk



Frederick Nicolson

✓ 3. Water Soluble vitamins are *

1/1

Vitamin A,D

Vitamin B,C

✓

Vitamin E,H

Vitamin K,F

✓ 4. Vitamins are also called as *

1/1

Enzymes

Co-enzymes

✓

Co-Proteins

Minerals

✓ 5. Deficiency of Vitamin A2 leads to... *

1/1

Osteomalacia

Night Blindness

Beriberi

Xerophthalmia

✓





Ascorbic acid



✓ 6. Pigment known as Pro-vitamin A *

1/1

- Antho sayanin
- Carotine
- Beeta carotine
- Alpha carotine



✓ 7. Anti Cancer Vitamin *

1/1

- Vitamin C
- Vitamin E
- Vitamin D
- Vitamin A



✓ 8. Which vitamin is excreted through urine *

1/1

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin D





✓ 9. Scientific name of vitamin D *

1/1

- Tocoferol
- Calciferol
- Ascorbic acid
- Abscisic acid



✓ 10. Which vitamin is known as Sunshine vitamin *

1/1

- Vitamin B2
- Vitamin A
- Vitamin C
- Vitamin D



✓ 11. Anti sterility vitamin *

1/1

- Vitamin E
- Vitamin C
- Vitamin B6
- Vitamin B9





✓ 12. Osteomalacia is due to the deficiency of *

1/1

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin D



✓ 13. Which vitamin is used as hormone *

1/1

- Vitamin E
- Vitamin D
- Vitamin C
- Vitamin K



✓ 14. Which vitamin is known as coagulation vitamin *

1/1

- Vitamin A
- Vitamin C
- Vitamin K
- Vitamin E



✓ 15. Scientific name of Vitamin K *

1/1

- Pyridoxine
- Phylloquinone
- Tocoferol
- Pantothenic acid

✓

✓ 16. Deficiency of Vitamin K *

1/1

- Hemarage
- Hemophelia
- Paresthesia
- Aneamia

✓

✓ 17. Megaloblastic aneamia is due to the deficiency of *

1/1

- Vitamin C
- Vitamin B2
- Vitamin B9
- Vitamin B12

✓





✓ 18. Which vitamin is used in Elisa test? *

1/1

- Vitamin K
- Vitamin B5
- Vitamin B7
- Vitamin B12



✓ 19. Study of Nutrition *

1/1

- Topology
- Trophology
- Trychology
- phrenology



✓ 20. World health day? *

1/1

- January 3
- October 16
- may 11
- April 7



✓ 21. National institute of nutrition? *

1/1

- Banglur
- Mysoor
- Hyderabad
- New Delhi



✓ 22. Which test is used to determine carbohydrate? *

1/1

- Nitrate test
- Iodine test
- benedict test
- brown ring test



✓ 23. 1gm of protein release energy *

1/1

- 4.1 cal
- 4 cal
- 9 cal
- 9.1 cal





✓ 24. Food Contain highest amount of protein? *

1/1

- Milk
- Ground nut
- Almond
- Soyabeen



✓ 25. Which vitamin is rich in rain water? *

1/1

- Vitamin B2
- Vitamin A
- Vitamin B7
- Vitamin B12



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