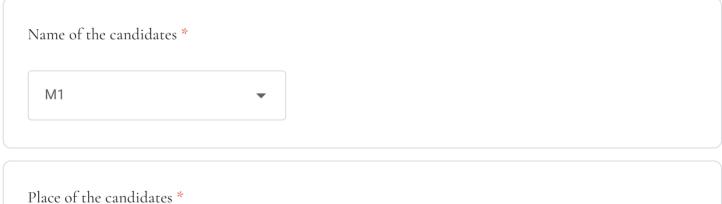
108 Days Online Coaching Day~(11) 18/02/2020, Tuesday

VITAMINS AND NUTRIENTS





KOZHIKODE ▼

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

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Please watch the online classes and answer the following questions https://youtu.be/Dgiewj6_jfchttps://youtu.be/XJrzZ3o4KOM

1)Pulses are a good source of - *	1 point
Carbohydrates	
Proteins	
Fats	
Vitamins	
2)Which of the following is considered a complete protein food? *	1 point
Almond	
O Horse gram	
Soya bean	
Cashew nut	
3)Which of the following nutrients is needed for a healthy immune system? *	1 point
Calcium	
Olodine	
Vitamin K	
Vitamin C	

4)Which of the following food items is rich in iron ? *	1 point
Rice	
Apple	
Pulses	
Orange	
5)Besides carbohydrates, a major source of energy in our food is constituted by *	1 point
Proteins	
Fats	
Minerals	
Vitamins	
6)Which of the following works with calcium to build strong bones *	1 point
Vitamin D	
Vitamin C	
Phosphorus	
○ Iron	

7)Washing of peeled vegetables removes the vitamin? *	1 point
○ E○ D	
C	
ОВ	
8)The vitamin necessary for coagulation of blood is *	1 point
○ Vitamin B	
Vitamin C	
Vitamin K	
Vitamin E	
9)Iron supplements are frequently recommended for all of the following except: *	1 point
Women who are pregnant	
Infants and toddlers	
Teenage girls	
Post-menopausal women	

10)Consuming fewer than 130 grams of carbohydrate per day may lead to: *	point
HypoglycemiaKwashiorkorMarasmusKetosis	
11)Vitamin C is present in: *	point
A. Tomatoes	
B. Papaya	
C. Guava	
D. All of the above	
12) Vitamin A was discovered in which year? *	point
A. 1910	
B. 1912	
O. 1922	
O. 1927	

13) Liver damage is caused due to the overdose of which vitamin? *	1 point
A. Vitamin B1	
B. Vitamin B2	
C. Vitamin B3	
D. Vitamin D	
14)Which of the following metals is a constituent of Vitamin B12?**	1 point
○ Iron	
Magnesium	
Zinc	
Cobalt	
15)Which of the following has the highest calorific value ?*	1 point
Carbohydrates	
Fats	
Proteins	
Vitamins	

16)Which of the following is also sometimes referred to as Vitamin H? *	1 point
KeratinNiacinBiotin	
Riboflavin	
17)Good source of vitamin D include all except: *	1 point
blueberries	
Sunlight	
Salmon, tuna sardines and mackerel	
Fortified milk and other dairy products	
18) where is the National institute of Nutrition *	1 point
Mumbai Mumbai	
Hyderabad	
Bombay	
O Non of the	

19) Example of balanced diet? *	1 point
○ Water	
Milk	
Soyabean	
O Non of the	
20)World health day? **	1 point
April 17	
March 21	
April 7	
April 27	
21)Which one of the following is essential for preventing dental caries? *	1 point
Flourine	
Olodine	
○ Iron	
Zinc	

22)Which one of the following mineral elements is required for muscle contraction? *	1 point
Calcium	
○ Iron	
Sodium	
Zinc	
23)Which of the following food constituents is not digested but is still important for us? *	1 point
vitamins	
minerals	
proteins	
fibre	
24)A person suffering from high blood pressure should avoid foods which are rich in *	1 point
Sodium	
Olodine	
Calcium	
○ Iron	

25) trophology is the study of? *	1 point
Vitamin	
Minerals	
Nutrition	
None of the above	
THANK YOU	

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