

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

VITAMINS AND NUTRIENTS



Name of the candidates \*

M1

Place of the candidates \*

KOZHIKODE

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

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QUESTIONS

Please watch the online classes and answer the following questions

[https://youtu.be/Dgiewj6\\_jfc](https://youtu.be/Dgiewj6_jfc)

<https://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
- Horse gram
- Soya bean
- Cashew nut

3)Which of the following nutrients is needed for a healthy immune system? \*

1 point

- Calcium
- Iodine
- 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
- B

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: \*

1 point

- Hypoglycemia
- Kwashiorkor
- Marasmus
- Ketosis

11) Vitamin C is present in: \*

1 point

- A. Tomatoes
- B. Papaya
- C. Guava
- D. All of the above

12) Vitamin A was discovered in which year? \*

1 point

- A. 1910
- B. 1912
- C. 1922
- D. 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

- Keratin
- Niacin
- Biotin
- 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
- Hyderabad
- Bombay
- Non of the

19) Example of balanced diet? \*

1 point

- Water
- Milk
- Soyabean
- 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
- Iodine
- 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
- Iodine
- Calcium
- Iron

25) trophology is the study of? \*

1 point

- Vitamin
- Minerals
- Nutrition
- None of the above

THANK YOU

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