

108 DAYS OF ONLINE COACHING. DAY- 11~3/9/2019~ TUESDAY ~VITAMINS & NUTRIENTS



NAME OF THE CANDIDATE *

M4

PLACE *

PATHANAMTHITTA

WHATSAPP NO. OF THE CANDIDATE. (GIVEN IN THE GROUP) *

0

QUESTIONS

1. Different types of Vitamins are: *

1 point

- Fat-Soluble
- Water-Soluble
- Both A and B
- None of the above

2. Fat soluble Vitamins are: *

1 point

- Vitamin A
- Vitamin D
- Vitamin E
- All of the above

3. Niacin is the chemical name of which Vitamin? *

1 point

- Vitamin B3
- . Vitamin B1
- Vitamin B2
- Vitamin C

4. Name the Vitamin that protects us from Pellagra disease? *

1 point

- Vitamin B5
- Vitamin B7
- Vitamin B3
- None of the above

5. Retinol is the scientific name of which Vitamin? *

1 point

- Vitamin A
- Vitamin D
- Vitamin K
- Vitamin C

6. Vitamin C is present in: *

1 point

- Tomatoes
- Papaya
- Guava
- All of the above

7. Liver damage is caused due to the overdose of which vitamin? *

1 point

- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin D

8. Name a substance that makes a vitamin metabolically ineffective? *

1 point

- Anti-vitamin
- Antioxidants
- Cynocobalamine
- Riboflavinosis

9. Name the vitamin which are essential for the health of the brain? * 1 point

- Vitamin B6
- Vitamin B9
- Vitamin B12
- All the above

10. Which of the following is not a fat-soluble vitamin? *

1 point

- Vitamin D
- Vitamin K
- Vitamin C
- Vitamin A

11. Deficiency of which vitamin causes Beri-Beri? *

1 point

- Vitamin B12
- Vitamin B2
- Vitamin B6
- Vitamin B1

12. Name the disease caused by the deficiency of Niacin? *

1 point

- Pellagra
- Rickets
- Scurvy
- Pernicious anemia

13. Which of the following is a component of the coenzyme A? *

1 point

- Retinol
- Pantothenic acid
- Pyridoxine
- Retinoic acid

14. When the food is directly given in the veins, it is called _____ nutrition. *

1 point

- Parenteral
- Enteral
- Intravenous
- Saline

15. When food is given in the stomach or intestines directly then it is _____ nutrition. * 1 point

- Intravenous
- Saline
- Enteral
- Parenteral

16. A person who is suffering from high blood pressure should cut down on _____ * 1 point

- sodium
- potassium
- calcium
- magnesium

17. Which Vitamin in large amounts harms the bones? * 1 point

- A
- B
- C
- D

18. Which of the following vitamin is also known as cobalamin? * 1 point

- Vitamin B11
- Vitamin B12
- Vitamin B6
- Vitamin B2

19. Name the vitamin which functions as hormone as well as visual pigment? * 1 point

- Thiamine
- Riboflavin
- Retinol
- Folic acid

20. Which of the following vitamin serves as a hormone precursor? * 1 point

- Vitamin C
- Vitamin A
- Vitamin D
- Vitamin K

THANK YOU!!!

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