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
O Fat-Soluble	
O Water-Soluble	
Both A and B	
O None of the above	
2. Fat soluble Vitamins are: *	1 point
O Vitamin A	
O Vitamin D	
O Vitamin E	
All of the above	
3. Niacin is the chemical name of which Vitamin? \star	1 point
 3. Niacin is the chemical name of which Vitamin? * Vitamin B3 	1 point
	1 point
Vitamin B3	1 point
 Vitamin B3 . Vitamin B1 	1 point
 Vitamin B3 . Vitamin B1 Vitamin B2 	1 point 1 point
 Vitamin B3 . Vitamin B1 Vitamin B2 Vitamin C 	
 Vitamin B3 . Vitamin B1 Vitamin B2 Vitamin C 4. Name the Vitamin that protects us from Pellagra disease? *	
 Vitamin B3 . Vitamin B1 Vitamin B2 Vitamin C 4. Name the Vitamin that protects us from Pellagra disease? * Vitamin B5 	

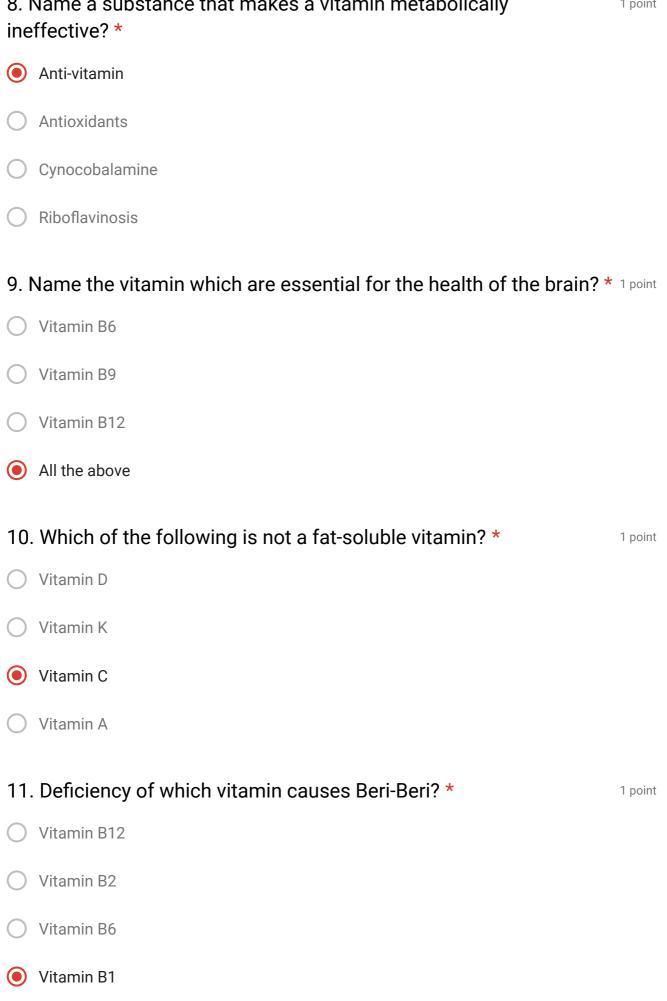
5. Retinol is the scientific name of which Vitamin? *

1 point

- Vitamin A
 Vitamin D
 Vitamin K
 Vitamin C
 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



12. Name the disease caused by the deficiency of Niacin? *	1 point
Pellagra	
O Rickets	
O Scurvy	
O Pernicious anemia	
13.Which of the following is a component of the coenzyme A? *	1 point
O Retinol	
Pantothenic acid	
O Pyridoxine	
O Retinoic acid	
14.When the food is directly given in the veins, it is called nutrition. *	1 point
Parenteral	
O Enteral	

- Intravenous
- 🔘 Saline

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

Intravenous

Saline

Enteral

Parenteral

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



potassium

- 🔘 calcium
- O magnesium

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

- () A
- ОВ
- **()** C
- O 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? *



🔵 Riboflavin

- Retinol
- Folic acid

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



THANK YOU!!!

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