### 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
<ul> <li>3. Niacin is the chemical name of which Vitamin? *</li> <li>Vitamin B3</li> </ul>	1 point
	1 point
Vitamin B3	1 point
<ul> <li>Vitamin B3</li> <li>. Vitamin B1</li> </ul>	1 point
<ul> <li>Vitamin B3</li> <li>. Vitamin B1</li> <li>Vitamin B2</li> </ul>	1 point 1 point
<ul> <li>Vitamin B3</li> <li>. Vitamin B1</li> <li>Vitamin B2</li> <li>Vitamin C</li> </ul>	
<ul> <li>Vitamin B3</li> <li>. Vitamin B1</li> <li>Vitamin B2</li> <li>Vitamin C</li> </ul> 4. Name the Vitamin that protects us from Pellagra disease? *	
<ul> <li>Vitamin B3</li> <li>. Vitamin B1</li> <li>Vitamin B2</li> <li>Vitamin C</li> <li>4. Name the Vitamin that protects us from Pellagra disease? *</li> <li>Vitamin B5</li> </ul>	

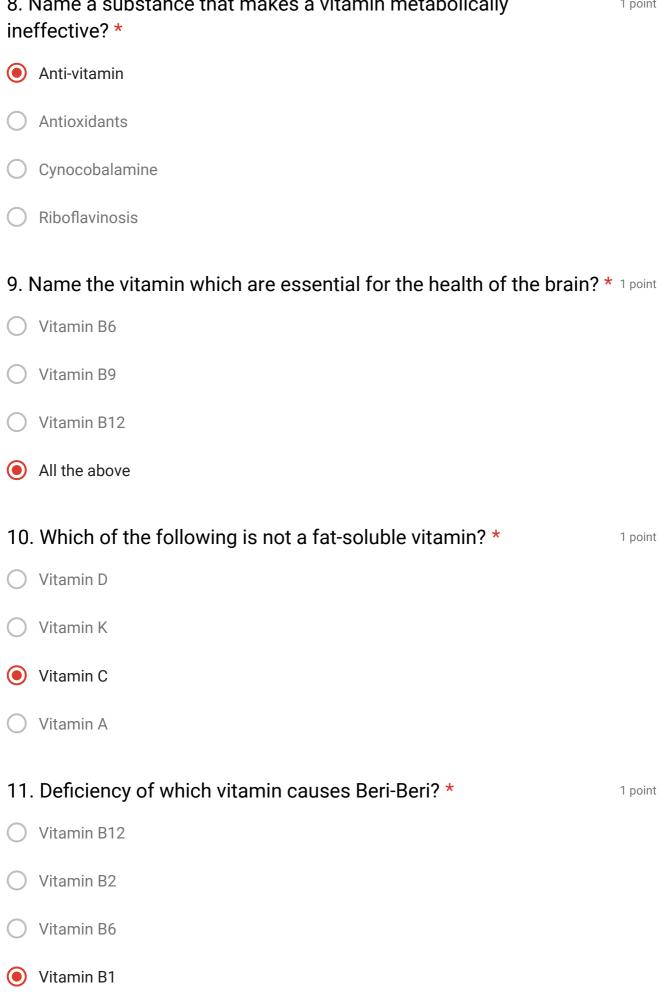
### 5. Retinol is the scientific name of which Vitamin? \*

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? <b>*</b>	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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