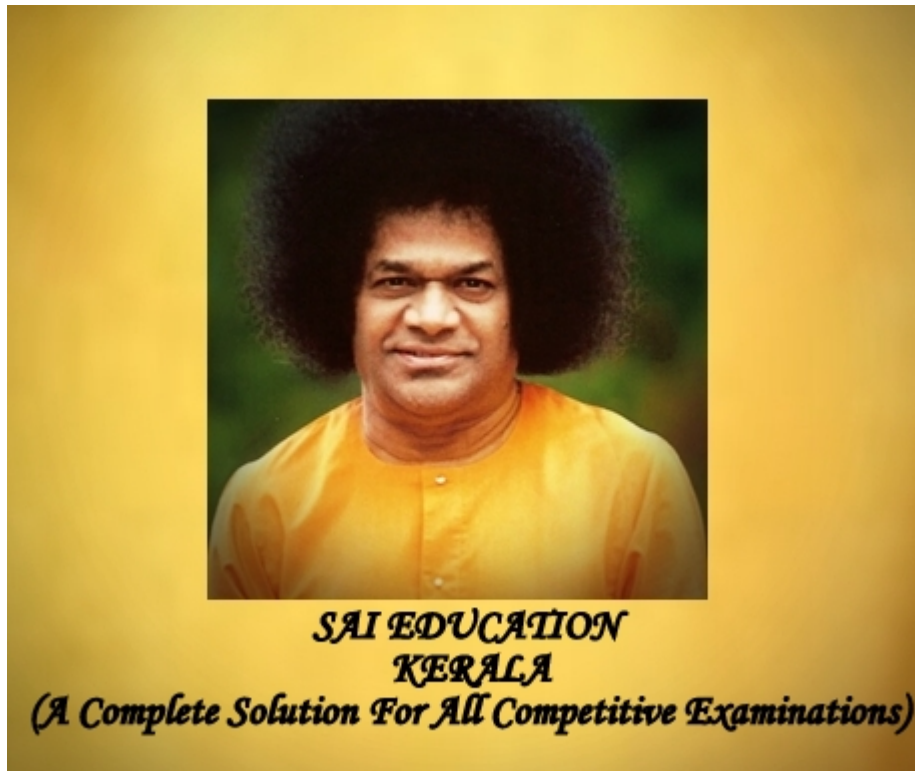


# ONLINE COACHING DAY-13- VITAMINS AND NUTRIENTS (21-03-19)

KERALA UNIVERSITY ASSISTANT SPECIAL



Name of the Candidate \*

M2

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Please watch the online video (Vitamins & Nutrients)

<https://youtu.be/XJrzZ3o4KOM>

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

1. Vitamins was first discovered by?

1 point

- Frederick Hopkins
- Casimir Funk
- William Harvey
- None of these

2. Total no. of vitamins?

1 point

- 10
- 11
- 12
- 13

3. Excess amount of which vitamin is excreted through urine from our body?

1 point

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

4. Vitamin E is also known as?

1 point

- Anti-Cancer vitamin
- Sunshine Vitamin & Anti- Ricketic Vitamin
- Hormone Vitamin & Beauty Vitamin & Anti Fertility Vitamin
- None of these

5. Scientific name of Vitamin K?

1 point

- Retinol
- Calciferol
- Tocopherol
- Phylloquinone

6. Deficiency of which vitamin causes Pellagra?

1 point

- B1
- B2
- B3
- B5

7. Which vitamin is used in Elisa Test?

1 point

- B9
- E
- B12
- B7

8. Which of the following vitamin is not fat soluble vitamin?

1 point

- A
- D
- B
- K

9. Deficiency of vitamin B9 causes?

1 point

- Megaloblastic Anemia
- Nightblindness
- Pernicious Anemia
- Scurvy

10. Abundant amount of Vitamin E is found in which of the following food item?

1 point

- Green Leafy Vegetables
- Milk
- Egg Yolk
- None of these

11. Which Vitamin gives pale yellow colour to milk?

1 point

- B1
- B2
- B9
- B7

12. Which Vitamin is absent in Vegetables?

1 point

- D
- E
- C
- K

13. Which vitamin helps in blood coagulation?

1 point

- E
- D
- B9
- K

14. Study of Nutrients is known as?

1 point

- Tocology
- Toxophily
- Trophology
- Typology

15. How many types of Chief nutrients are present?

1 point

- 5
- 6
- 4
- 7

16. World Health Day is observed on?

1 point

- April 7
- March 7
- May 7
- June 7

17. Pulse which can be used substitute for milk?

1 point

- Kidney Beans
- Chick Peas
- Soyabean
- Grains

18. National Institute of Nutrition is located at?

1 point

- Bengaluru
- Hyderabad
- Mumbai
- Pune

19. Which Nutrients is also known as "Body Builders"?

1 point

- Carbohydrates
- Minerals
- Fats
- Proteins

20. Ratio of Hydrogen and Oxygen in Carbohydrates?

1 point

- 1:2
- 3:4
- 2:1
- 4:3

21. Which test is done to determine sugar in Urine?

1 point

- Xanthoprotic Test
- Benedict Test
- Iodine Test
- None of these

22. Basic unit of Fats are

1 point

- Glycerides
- Diglycerides
- Triglycerides
- None of these

23. Mineral that controls the blood Pressure?

1 point

- Sodium
- Zinc
- Calcium
- None of these

24. Deficiency of Iron causes?

1 point

- Tetany
- Osteoporosis
- Goitre
- Anemia

25. Water content in Plasma is about?

1 point

- 90%
- 91%
- 92%
- 93%

Thank You!!!



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