

108 Days Online Coaching Day (96)~26/10/2021, Tuesday

VITAMINS AND NUTRIENTS (1 + 1)

Email *

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Name of the candidates *

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Place of the candidates *

Kozhikode

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Questions

Please watch the online classes and answer the following questions.

<https://youtu.be/XJrzZ3o4KOM>

https://youtu.be/Dgiewj6_jfc

1) This nutrient is needed for a healthy immune system and strong connective tissue *

1 point

- A Fiber
- B Vitamin K
- C Vitamin C
- D Fluoride

2) This mineral is essential for healthy red blood cells and a deficiency might cause anemia. *

1 point

- A Iron
- B Magnesium
- C Iodine
- D Chromium

3) Vitamin which is essential for the working of Liver ? *

1 point

- Vitamin K
- Vitamin C
- Vitamin A
- Non of the above

4) This nutrient is needed for making hormones, healthier skin, and to make cell membranes: * 1 point

- A Carbohydrate
- B Fiber
- C Vitamin B12
- D Fat

5) Eggs, milk, and meat are usually classified as good sources of? * 1 point

- A carbohydrates
- B Vitamin A
- C protein
- D Vitamin D

6) Among the given nutrients milk is a poor source of * 1 point

- A Calcium
- B Protein
- C Vitamin C
- D Fiber

7)The vitamin necessary for coagulation of blood is *

1 point

- A Vitamin B
- B Vitamin C
- C Vitamin K
- D Vitamin E

8)Which one among the following minerals is essential for the transmission of nerve impulses in the nerve fibres of human body? *

1 point

- A Calcium
- B Cobalt
- C Iodine
- D Sodium

9)Which one of the following mineral elements is required for muscle contraction? *

1 point

- A Calcium
- B Iron
- C Vitamin C
- D Fluoride

10) Besides carbohydrates, a major source of energy in our food is constituted by *

1 point

- A Proteins
- B Magnesium
- C Fats
- D Chromium

11) This nutrient is most important for healthy vision: *

1 point

- A Vitamin K
- B Iron
- C Calcium
- D Vitamin A

12) Fruits and vegetables are usually considered as good sources of *

1 point

- A protein
- B vitamins & minerals
- C unsaturated fats
- D Scallion

13) All of the following are needed for strong bones except: *

1 point

- A Thiamin
- B Calcium
- C Magnesium
- D Vitamin D

14) Which of these nutrients is the preferred energy source for the body? *

1 point

- A B Complex Vitamins
- B Carbohydrates
- C Fats
- D Fiber

15) Which of the following is the best source for omega-3 fatty acids? *

1 point

- A Corn oil
- B Wheat products
- C Sardines
- D Pork

Thank you!

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