agMOOCs

Nutrition, Therapeutics and Health

Quiz 2

Week 1&2

20 marks

Multiple choice questions:

Select the correct answer

1. An example for positive energy balance is
   a. Low weight   b. **overweight**   c. ideal weight   d. fever

2. Energy needs are estimated by measuring the amount of consumption of
   a. oxygen   b. food   c. nitrogen   d. water

3. The vitamin required for vision in dim light
   a. Vitamin K   b. Vitamin E   c. Vitamin D   d. **Vitamin A**

4. Vitamin D is converted to its active form in the
   a. Liver   b. **kidney**   c. brain   d. heart

5. Anti-ageing vitamin is
   a. Vitamin E   b. Vitamin K   c. Vitamin A   d. Vitamin B

6. Thiamine deficiency causes
   a. Stomatitis   b. Diarrhoea   c. **Beri beri**   d. Dermatitis

7. One mg of niacin is formed from conversion of 60mg of
   a. Leucine   b. **tryptophan**   c. threonine   d. arginine

8. The B complex vitamin sensitive to sunlight
   a. Thiamine   b. niacin   c. cobalamin   d. **riboflavin**

9. Co-enzyme A contains
   a. Pantotenic acid   b. niacin   c. pyridoxine   d. histidine

10. Biotin from raw egg whites is unavailable to the body because of
    a. Terpine   b. carnitine   c. **avidin**   d. curcumin

11. The requirement of pyridoxine depends on the intake of
    a. energy   b. **protein**   c. fat   d. carbohydrate

12. Neural tube defect is caused by the deficiency of
    a. Protein   b. biotin   c. **folic acid**   d. thiamine

13. For maturation of red blood cells, vitamin required is
14. The only food source of Vitamin B₁₂ is
a. pulses  b. vegetables  c. cereals  d. animal foods

15. Vitamin C is required for the formation of
a. Muscles  b. blood vessels  c. collagen  d. nerves

16. Precursor of phospholipids is
a. Choline  b. protein  c. selenium  d. iron

17. Normal blood concentration of calcium should be
a. 5-7mg/dl  b. 7-9mg/dl  c. 9-11mg/dl  d. 11-13mg/dl

18. Excess of phosphorus can be a problem in disease of
a. Kidneys  b. liver  c. lungs  d. stomach

19. One key factor for retaining body fluids is
a. Magnesium  b. chlorine  c. sodium  d. calcium

20. The mineral which aids in carrying oxygen to the body is
a. Iron  b. calcium  c. phosphorus  d. zinc

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