Nutrition and balanced diet

Basics of Nutrition

1. Which of the following is a macronutrient?
   a) Carbohydrates
   b) Vitamins
   c) Minerals
   d) Enzymes

2. Proteins are made up of:
   a) Fatty acids
   b) Amino acids
   c) Glucose
   d) Nucleic acids

3. Which nutrient provides the most energy per gram?
   a) Protein
   b) Carbohydrate
   c) Fat
   d) Water

4. Which of the following is a water-soluble vitamin?
   a) Vitamin A
   b) Vitamin D
   c) Vitamin C
   d) Vitamin K

5. Roughage in the diet is provided by:
   a) Dietary fiber
   b) Fats
   c) Proteins
   d) Water

🍽️ Balanced Diet & Components

6. A balanced diet contains:
   a) All nutrients in right proportion
   b) Only carbohydrates and fats
   c) Only proteins
   d) Vitamins only

7. A diet deficient in iron may lead to:
   a) Anemia
   b) Rickets
   c) Scurvy
   d) Goiter

8. The main function of carbohydrates is to:
   a) Build tissues
   b) Provide energy
   c) Repair tissues
   d) Prevent infection

9. Good sources of protein are:
   a) Eggs and pulses
   b) Sugar and oil
   c) Rice and banana
   d) Butter and cream

10. Which of the following is NOT a function of fats?
   a) Energy storage
   b) Insulation
   c) Enzyme production
   d) Cell structure

🧃 Vitamins & Minerals

11. Vitamin D deficiency causes:
   a) Rickets
   b) Scurvy
   c) Beriberi
   d) Night blindness

12. Which vitamin is important for vision?
   a) Vitamin K

b) Vitamin A
c) Vitamin B12
d) Vitamin C

13. Vitamin B12 is mainly found in:
    a) Animal products
    b) Fruits
    c) Vegetables
    d) Nuts

14. Calcium is essential for:
    a) Bone and teeth formation
    b) Vision
    c) Skin color
    d) Hair growth

15. Iodine deficiency leads to:
    a) Goiter
    b) Rickets
    c) Anemia
    d) Scurvy

🥗 Sources of Nutrients

16. Citrus fruits are a good source of:
    a) Vitamin A
    b) Iron
    c) Vitamin C
    d) Calcium

17. Which food contains healthy fats?
    a) Candy
    b) Nuts and seeds
    c) Chips
    d) Soda

18. Which food is rich in iron?
    a) Spinach
    b) Rice

c) Milk
d) Orange

19. Milk is a rich source of:
    a) Iron
    b) Calcium
    c) Vitamin C
    d) Fiber

20. Whole grains are rich in:
    a) Fiber
    b) Protein
    c) Fat
    d) Vitamin C

🍼 Nutrition During Life Stages

21. Exclusive breastfeeding is recommended for the first:
    a) 6 months
    b) 3 months
    c) 9 months
    d) 1 year

22. Which nutrient is especially important during pregnancy?
    a) Vitamin K
    b) Folic acid
    c) Vitamin D
    d) Sodium

23. Protein requirement is highest in:
    a) Growing children
    b) Adults
    c) Elderly
    d) Teenagers

24. Colostrum is rich in:
    a) Fat
    b) Antibodies
    c) Carbohydrates
    d) Iron

25. Older adults need more:
    a) Calories
    b) Fiber
    c) Sugar
    d) Sodium

🧪 Deficiency Disorders

26. Vitamin C deficiency causes:
    a) Scurvy
    b) Goiter
    c) Rickets
    d) Kwashiorkor

27. Kwashiorkor is caused due to deficiency of:
    a) Proteins
    b) Carbohydrates
    c) Fats
    d) Vitamins

28. Beriberi is caused by a deficiency of:
    a) Vitamin C
    b) Vitamin B1
    c) Vitamin A
    d) Vitamin K

29. Night blindness is caused by a lack of:
    a) Vitamin A
    b) Vitamin D
    c) Iron
    d) Vitamin C

30. Rickets is caused by a deficiency of:
    a) Vitamin D
    b) Vitamin K
    c) Iodine
    d) Iron

Meal Planning and Dietary Guidelines

31. Which of the following is a healthy cooking method?
    a) Steaming
    b) Deep frying
    c) Overcooking
    d) Charring

32. RDA stands for:
    a) Required Daily Amount
    b) Recommended Dietary Allowance
    c) Regular Daily Assessment
    d) Random Diet Analysis

33. One gram of fat provides:
    a) 2 kcal
    b) 6 kcal
    c) 9 kcal
    d) 4 kcal

34. A vegetarian diet does NOT include:
    a) Meat
    b) Dairy
    c) Pulses
    d) Fruits

35. Which food group should form the largest part of a balanced diet?
    a) Carbohydrates
    b) Fats
    c) Vitamins
    d) Water

Food Safety & Digestion

36. Food poisoning is often caused by:
    a) Contaminated food
    b) Drinking cold water
    c) Eating hot food
    d) Drinking tea

37. Saliva contains the enzyme:
    a) Amylase
    b) Lipase
    c) Pepsin
    d) Trypsin

38. Main site of digestion and absorption is:
    a) Small intestine
    b) Large intestine
    c) Stomach
    d) Esophagus

39. Excess fat in diet can lead to:
    a) Obesity
    b) Night blindness
    c) Anemia
    d) Dehydration

40. The process of breaking down food is called:
    a) Digestion
    b) Ingestion
    c) Absorption
    d) Respiration

⚖️ Miscellaneous

41. BMI helps to measure:
    a) Body fat based on height and weight
    b) Blood sugar
    c) Blood pressure
    d) Oxygen levels

42. Good sources of plant protein include:
    a) Milk and eggs
    b) Fish and meat
    c) Pulses and beans
    d) Butter and cheese

43. Which food is rich in omega-3 fatty acids?
    a) Fish

b) White bread
c) Cheese
d) Banana

44. Eating too much salt may lead to:
a) High blood pressure
b) Low hemoglobin
c) Asthma
d) Rickets

45. Which vitamin helps in calcium absorption?
a) Vitamin A
b) Vitamin C
c) Vitamin D
d) Vitamin K

46. Water helps in:
a) Energy production
b) Body temperature regulation
c) Producing vitamins
d) Digesting fat only

47. Which of the following is NOT a nutrient?
a) Oxygen
b) Carbohydrates
c) Protein
d) Fat

48. Carbohydrates are stored in the body as:
a) Protein
b) Cellulose
c) Glycogen
d) Fiber

49. Which food combination gives all essential amino acids?
a) Rice and banana
b) Rice and dal
c) Bread and butter
d) Milk and apple

50. How many essential amino acids are there for adults?
a) 6

b) 9
c) 13
d) 20

Topic - Nutrition and balanced diet

Basics of Nutrition

1. a) Carbohydrates
2. b) Amino acids
3. c) Fat
4. c) Vitamin C
5. a) Dietary fiber

Balanced Diet & Components

6. a) All nutrients in right proportion
7. a) Anemia
8. b) Provide energy
9. a) Eggs and pulses
10. c) Enzyme production

Vitamins & Minerals

11. a) Rickets
12. b) Vitamin A
13. a) Animal products
14. a) Bone and teeth formation
15. a) Goiter

Sources of Nutrients

16. c) Vitamin C
17. b) Nuts and seeds
18. a) Spinach
19. b) Calcium
20. a) Fiber

Nutrition During Life Stages

21. a) 6 months
22. b) Folic acid
23. a) Growing children
24. b) Antibodies
25. b) Fiber

Deficiency Disorders

26. a) Scurvy
27. a) Proteins
28. b) Vitamin B1
29. a) Vitamin A
30. a) Vitamin D

Meal Planning and Dietary Guidelines

31. a) Steaming
32. b) Recommended Dietary Allowance
33. c) 9 kcal
34. a) Meat
35. a) Carbohydrates

Food Safety & Digestion

36. a) Contaminated food
37. a) Amylase
38. a) Small intestine
39. a) Obesity
40. a) Digestion

Miscellaneous

41. a) Body fat based on height and weight
42. c) Pulses and beans
43. a) Fish
44. a) High blood pressure
45. c) Vitamin D
46. b) Body temperature regulation
47. a) Oxygen
48. c) Glycogen
49. b) Rice and dal
50. b) 9