

Nutrition (पोषण)

1. Which vitamin is essential for blood clotting?

- a) Vitamin A
- b) Vitamin C
- c) Vitamin K
- d) Vitamin D

Answer: c) Vitamin K

2. Which mineral is required for thyroid hormone synthesis?

- a) Iron
- b) Iodine
- c) Zinc
- d) Calcium

Answer: b) Iodine

3. Pellagra is caused due to deficiency of:

- a) Vitamin B1
- b) Vitamin B2
- c) Niacin
- d) Folic acid

Answer: c) Niacin

4. Which macronutrient provides the highest energy per gram?

- a) Carbohydrate
- b) Protein
- c) Fat
- d) Fiber

Answer: c) Fat

5. Which is a rich source of Vitamin C?

- a) Milk
- b) Banana
- c) Amla
- d) Rice

Answer: c) Amla

6. Kwashiorkor results from: a) Protein deficiency

- b) Iron deficiency
- c) Vitamin D deficiency
- d) Calcium deficiency

Answer: a) Protein deficiency

7. The primary function of carbohydrates is:

- a) Build muscles
- b) Regulate hormones
- c) Provide energy
- d) Transport oxygen

Answer: c) Provide energy

8. Which vitamin is synthesized by sunlight in the body?

- a) Vitamin A
- b) Vitamin C
- c) Vitamin D
- d) Vitamin E

Answer: c) Vitamin D

9. Which of the following is not a water-soluble vitamin?

- a) Vitamin B12
- b) Vitamin C
- c) Vitamin K
- d) Folic acid

Answer: c) Vitamin K

10. Anemia is most commonly caused by deficiency of:

- a) Calcium
- b) Iodine
- c) Iron
- d) Vitamin A

Answer: c) Iron