

FOOD & NUTRITIONS



Instructions:

Choose the most appropriate answer for the given question.

To generate a new set of questions, click on 'Print'.

QUESTION-1

Which of the following proteins is an example for antibody

- a) IgG
- b) Actin
- c) Ferritin
- d) Heparin

Answer:::

QUESTION-2

Protein is an important building block of.....

- a) Bone
- b) Cartilage
- c) Muscle
- d) Muscle, bone, and cartilage

Answer:::

QUESTION-3

Which of the following contains low level of antioxidant

- a) Blueberry juice
- b) Potato fry

- c) Apple juice
- d) Broccoli salad

Answer:::

QUESTION-4

What is meant by PER

- a) Protein energy ratio
- b) Protein efficiency ratio
- c) Protein expulsive ratio
- d) Protein excretion ratio

Answer:::

QUESTION-5

Which of the following vitamins synthesis via sunlight exposure

- a) Vitamin B6
- b) Vitamin D
- c) Vitamin C
- d) Vitamin A

Answer:::

QUESTION-6

Which of the following is a contractile protein

- a) Myosin
- b) Albumin
- c) Globulin
- d) Keratine

Answer:::

QUESTION-7

Which of the following proteins is important for digestion

- a) Collagen
- b) Albumin
- c) Keratin
- d) Pepsin

Answer:::

QUESTION-8

Which of the following vitamins is essential for iron absorption

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

Answer:::

QUESTION-9

There are two main forms of dietary supplements vitamin D. They are

- a) D3 and D4
- b) D1 and D2
- c) D4 and D1
- d) D2 and D3

Answer:::

QUESTION-10

Which of the following is a protein hormone

- a) Cortisol
- b) Insulin
- c) LH
- d) FSH

Answer:::

----Answer Sheet----

1) IgG

2) Muscle, bone, and cartilage

3) Potato fry

4) Protein efficiency ratio

5) Vitamin D

6) Myosin

7) Pepsin

8) Vitamin C

9) D2 and D3

10) Insulin