

NUTRI Quiz

1. The functionally active form of vitamin-D is
 - a) Cholecalciferol
 - b) Ergocalciferol
 - c) Dehydrocholesterol
 - d) 1,2,5Dihydroxycholecalciferol
 2. Arrange the following foods in decreasing order of vitamin-B 12 content
 - 1) Liver
 - 2) fish
 - 3) mutton
 - 4) milk
 - a) 1,2,3,4
 - b) 2,3,4,1
 - c) 3,1,2,4
 - d) 4,2,1,3
 3. Colostrum is rich in
 - a) Carbohydrate
 - b) Minerals
 - c) Vitamins
 - d) Antibodies
 4. From which plant source is gluten derived
 - a) Soya
 - b) Rice
 - c) Corn
 - d) Wheat
 5. HDL is synthesized & secreted from
 - a) Pancreas
 - b) Liver
 - c) Kidney
 - d) Muscles
 6. Germination enhances the following nutrients
 - 1) Vitamin-B
 - 2) vitamin – C
 - 3) Protein
 - 4) Carbohydrate
 7. Assertion (A) it is advised to restrict sodium in the diet of hypersensitive patients Reasoning (R) sodium restricted diets are given in oliguria
 - a) Only 2
 - b) 1&2
 - c) 3&4
 - d) all of these
 8. Daily Zinc requirement for an adult is
 - a) 12mg
 - b) 8mg
 - c) 350mg
 - d) 600mg
 9. Which of the following is not under anthropometry method
 - a) Skin Fold Thickness
 - b) Waist Circumference
 - c) Blood Pressure
 - d) Mid Upper Arm Circumference
 10. Cutlet is prepared using which method
 - a) Pouching
 - b) Braising
 - c) Boiling
 - d) Frying
- Send the correct answers by post
Answers will be discussed in next issue**