

**NUTRI Quiz**

Vitamins and Deficiencies

1. Plant source of Vitamin A is calledas
  - a. Retinol b.  $\beta$  carotenoids c. anthocynin d. lycopaine
2. Among the following which vitamin play as goodantioxidant
  - a. Vitamin B1b. Vitamin B6 c. Vitamin D d. Vitamin A
3. Deficiency of Niacin leadsto
  - a. Pellagra b.  $\beta$  Glositis c. Rickets d. Bitot spot
4. Which Vitamin boost up the immunesystem
  - a. Vitamin A b. Vitamin K c. Vitamin C d. Vitamin B6
5. Pick the odd manout
  - a. Vitamin A b. Vitamin C c. Vitamin K d. Vitamin E
6. Which Vitamin deficiency leads toRickets
  - a. Vitamin D b. Vitamin B<sub>12</sub> c. Vitamin B<sub>9</sub> d. Vitamin B<sub>1</sub>
7. Biotin is also calledas
  - a. Vitamin K b. Vitamin H c. Vitamin B<sub>9</sub> d. Vitamin B<sub>5</sub>
8. Recommended allowances of ascorbic acid for pregnant motheris
  - a. 20mg b. 40mg c. 60mg d. 80mg
9. Vitamin B<sub>12</sub> deficiencycauses
  - a. Perinicious Anemia b. Megloblastic Anemia c. Sickle Cell Anemia d. Iron deficiency Anemia
10. Rich source of vitamin Eis
  - a. Apple b. Green leafy vegetables c. Almonds d. Dates

**Send the correct answers by post Answers will be discussed in next issue**

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