

SSR DEGREE COLLEGE, NIZAMABAD (5029)
DEPARTMENT OF NUTRITION
SEMESTER – II , INTERNAL-II QUESTION BANK

1. Vitamins are **organic** compounds
2. **Vitamins** is also known as the accessory dietary factor
3. **Sodium** is not an essential element for plant growth
4. **Fats** has the highest calorie value per unit
5. An apple is a rich source of **potassium** nutrients
6. **Goose berry** is the main source of vitamin –c
7. **Ascorbic acid** is the chemical name of vitamin-c
8. **Vitamin-k** helps in the healing of wound
9. Vitamin-D helps in the absorption **calcium and magnesium**
10. Deficiency of vitamins – **k** causes slow blood coagulation
11. **Vitamin –c** helps in maintaining healthy skin
12. **Beri Beri** is caused by deficiency of thiamin
13. **Wheat germ oil** is the main source of vitamin-E
14. **Carrot** is a good source of vitamin-A
15. **Liver** organ of the human body vitamin-A is stored
16. **Vitamin-D** is the common name of cholecalciferol
17. **Sunlight** is the best source of vitamin-D
18. **Vitamins** invented by kazimirz funk
19. Scurvy is due to the deficiency of **Vit-C** vitamin
20. Osteomalacia in adults is caused due to the deficiency of **Vitamin-D**
21. Women have less fluids than men because they have more **muscles**
22. The plasma is considered **extra cellular** fluid
23. The extra cellular fluid comprises **plasma**
24. Dehydration is usually resulting in **hypernatemia**
25. Where can we find water in the body
26. A **enzyme** is a biocatalyst that increases the rate of reaction without being changed
27. Name the coenzyme of riboflavin is **FAD and FMN**
28. Name the enzyme secreted by protein **trypsin**
29. Chemical messengers secreted by ductless gland are called **hormones**
30. Islets of Langerhans are found in **pancreas gland**
31. Metabolic rate in mammals is controlled by **thyroid hormones** gland
32. Testosterone is secreted by **leydig** cell
33. Human chorionic gonadotropin secreted by **placental** hormone
34. Enzymes are **proteins**
35. The term enzymes are coined by **Wilhelm kuhne**
36. Fat is hydrolysed by the enzyme known as **lipase**
37. The enzyme involved in feedback inhibition are called **allosteric** enzyme
38. Lock and key theory of enzyme action was proposed by Emil Fischer
39. Serum electrolyte concentration are most of the expressed as **milliequivalents** per liter Meq/L
40. The most common cause of hyperkalemia is **kidney** disease

1. Vitamin definition

Ans: Vitamins are organic molecules that are essential to an organism in small quantities

2. RDA

Ans: Recommended dietary allowance (RDA) the average daily dietary intake level that is sufficient to meet the nutrient requirement of healthy

3. Fatsoluble vitamin

Ans: Small amounts of vitamins are required in the diet to promote growth reproduction and health vitamins A,D,E and K

4. Water soluble vitamin

Ans: Water soluble vitamins a group of vitamins that can dissolve in water

5. Mineral definition

Ans: Mineral is a naturally occurring inorganic substance with a definite chemical composition and ordered atomic structure

6. What are acid base balance

Ans: The bodys balance between acidity and alkalinity is refered to as acid base balance

7. Define vitamine

Ans: Vitamins are organic molecules that are essential to an organism in small quantities for proper metabolic function

8. Define mineral

Ans: A mineral is a naturally occurring inorganic element or compound having an orderly internal structure and characteristic chemical composition

9. Sodium

Ans: The body uses sodium to control blood pressure and blood volume

10. Enzyme definition

Ans: An enzyme is a substance that acts as a catalyst in living organisms