

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

1. **Vitamin K** vitamin helps in blood clotting
2. Which is the leading cause of blindness in children worldwide **Vitamin A deficiency**
3. **Vitamin B1** vitamin deficiency causes Beriberi
4. Who is most likely to develop scurvy **A long-time alcoholic** vitamin C deficiency
5. **Folic acid** nutrient deficiency causes megaloblastic anaemia
6. The normal diastolic blood pressure in a normal healthy adult human is **80 mm Hg**
7. **Sickle cell anaemia** is a blood disorder where the haemoglobin is defective
8. **Pacemaker – S A Node** two-word items mean the same thing
9. In adult humans, **10µg/dL** of lead or less in the blood is considered to be normal
10. **Platelets** forms clots when blood vessels get damaged
11. **vagus nerve** A cranial nerve with the highest number of branches
12. Afferent neurons carry nerve impulses from **receptors to CNS**
13. Nissl's granules present in the neurons are made up of **ribosome**
14. **cerebellum** is one of the parts of the hindbrain
15. Action of parathormone in the human body **increase blood calcium level**
16. **Epinephrin and nor epinephrine** hormone is responsible for "fight-or-flight" response
17. **Folicle stimulating** hormone is responsible for "fight-or-flight" response
18. **Alveoli** part of the respiratory system, gaseous exchange takes place
19. **Mediastinum** is located between two pleural sacs and is the central compartment of the thoracic cavity
20. **carbon dioxide** gas is released out during the process of respiration.
21. Vitamins are **organic** compounds
22. **Vitamins** is also known as the accessory dietary factor
23. **Sodium** is not an essential element for plant growth
24. **Fats** has the highest calorie value per unit
25. An apple is a rich source of **potassium** nutrients
26. **Goose berry** is the main source of vitamin –c
27. **Ascorbic acid** is the chemical name of vitamin-c
28. **Vitamin-k** helps in the healing of wound
29. Vitamin-D helps in the absorption **calcium and magnesium**
30. Deficiency of vitamins – **k** causes slow blood coagulation
31. **Vitamin –c** helps in maintaining healthy skin
32. **Beri Beri** is caused by deficiency of thiamin
33. **Wheat germ oil** is the main source of vitamin-E
34. **Carrot** is a good source of vitamin-A
35. **Liver** organ of the human body vitamin-A is stored
36. **Vitamin-D** is the common name of cholecalciferol
37. **Sunlight** is the best source of vitamin-D
38. **Vitamins** invented by Kazimierz Funk
39. Scurvy is due to the deficiency of **Vit-C** vitamin
40. Osteomalacia in adults is caused due to the deficiency of **Vitamin D**

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. Define respiration

Ans: a process in living organisms involving the production of energy, typically with the intake of oxygen and the release of carbon dioxide from the oxidation of complex organic substances

7. Define nervous system

Ans: The nervous system is the body's command center, made up of the brain, spinal cord, and nerves

8. Define endocrine system

Ans: The endocrine system is a network of glands that produce hormones that regulate many of the body's functions

9. Digestion

Ans: the process of treating a substance with heat, enzymes, or a solvent to promote decomposition or extract essential components.

10. Enzyme definition

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