

RRB JE | SSC JE 2023 | SSC Phase 11

एक नई शुरुआत

Science

Nutrients

(सीखें मजेदार तरीके से)



ZERO TO HERO SERIES

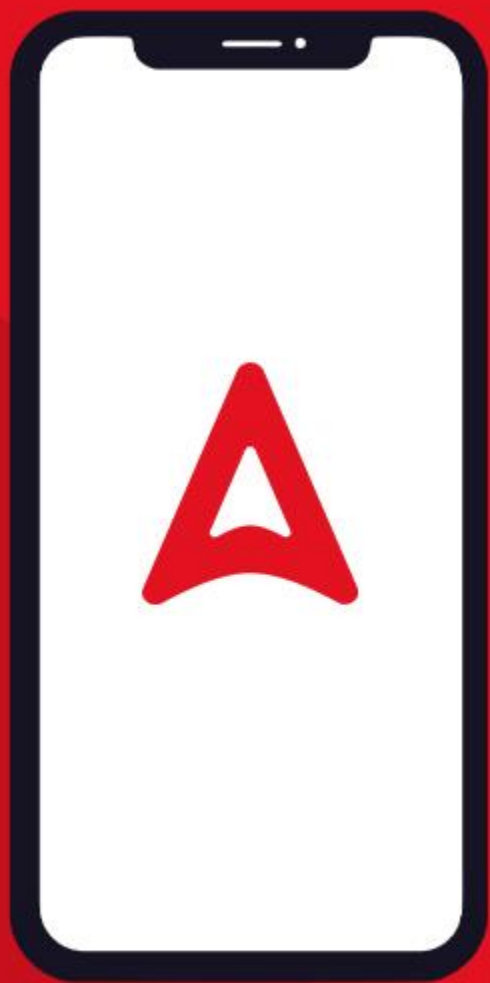
By DeepMani sir



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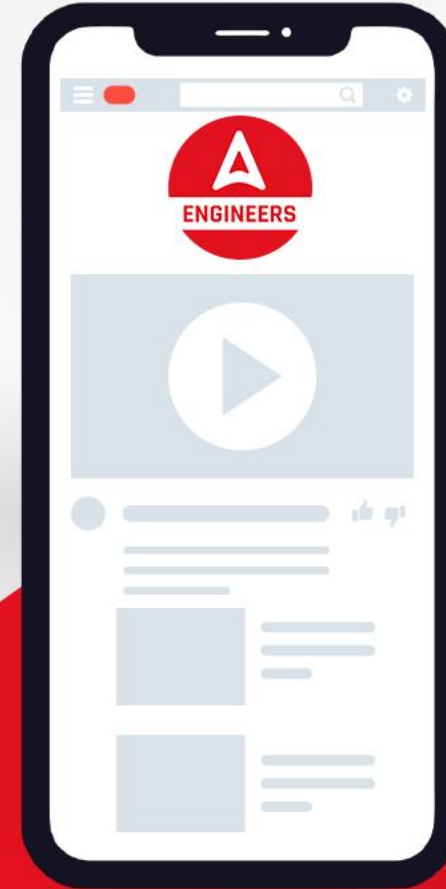


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B Babita Kumari 19 hours ago
Options -(d).. lysosome... Thank you so much sir 🙏🙏🙏🙏🙏🙏🙏🙏🙏🙏🙏🙏🙏🙏🙏🙏
💖💖.. sir super duper session💖💖💖💖💖💖💖💖💖💖

👍 2 🗨️ Reply

D Deepmani 1 second ago
Absolutely correct 😊

👍 🗨️ Reply

K Kiran Kumari 19 hours ago
Suicidal packets- Lysosomes

👍 1 🗨️ Reply

D Deepmani 1 second ago
Absolutely correct 😊

👍 🗨️ Reply

S S. Young Kumar 19 hours ago
Which cell organelle is known as Suicidal bag of cell Lysosomes

👍 1 🗨️ Reply

D Deepmani 1 second ago

A Akshay Vishwakarma 19 hours ago
Lysosome

👍 1 🗨️ Reply

D Deepmani 0 seconds ago
Absolutely correct 😊

👍 🗨️ Reply

V Vaibhav 🤔 5 hours ago
👉 Lysosomes

👍 1 🗨️ Reply

D Deepmani 1 second ago
Absolutely correct 😊

👍 🗨️ Reply

S suman Kumar 11 hours ago
d

👍 1 🗨️ Reply

D Deepmani 0 seconds ago
Absolutely correct 😊

K Kumari Manisha 17 hours ago
H W lysosomes

👍 1 🗨️ Reply

D Deepmani 1 second ago
Absolutely correct 😊

👍 🗨️ Reply

J jay singh 17 hours ago
Dddd

👍 1 🗨️ Reply

D Deepmani 0 seconds ago
Absolutely correct 😊

👍 🗨️ Reply

R Ravi Raj 19 hours ago
Dddd pr tala lagaeye 🗝️🗝️🗝️🗝️

👍 2 🗨️ Reply

D Deepmani 1 second ago
Absolutely correct 😊

NUTRIENTS



HEALTHY NUTRITION



_____ is known as the "sunshine
vitamin".

Scorvy

A. Vitamin C

B. Vitamin D

Sunlight

Egg

C. Vitamin E

D. Vitamin B

Lack of Vit D → Rickets

Sterility

Be₁ - Be₁

Osteomalacia

_____ is known as the "sunshine vitamin".

- A. Vitamin C
- B. Vitamin D**
- C. Vitamin E
- D. Vitamin B

Rahul is suffering from beriberi. What is he lacking?

A. Vitamin A

B. Vitamin B

C. Vitamin C

D. Vitamin K

Rahul is suffering from beriberi. What is he lacking?

- A. Vitamin A**
- B. Vitamin B**
- C. Vitamin C**
- D. Vitamin K**

This vitamin is fat soluble, helps in clotting of blood.

Cabbage, cauliflower, spinach, and other green leafy vegetables, are source of this Vitamin.

Which vitamin is being referred in the above statement?

A. Vitamin A →

~~B. Vitamin B~~

~~C. Vitamin C~~

D. Vitamin K ✓

Fat

K, E, D, A

This vitamin is fat soluble, helps in clotting of blood. Cabbage, cauliflower, spinach, and other green leafy vegetables, are source of this Vitamin.

Which vitamin is being referred in the above statement?

- A. Vitamin A**
- B. Vitamin B**
- C. Vitamin C**
- D. Vitamin K**

**Deficiency of which vitamin lowers the rate of calcium
absorption from the food?**

A. Vitamin A

B. Vitamin B

C. Vitamin C

D. ~~Vitamin D~~

→ **Calciferol**

Deficiency of which vitamin lowers the rate of calcium absorption from the food?

- A. Vitamin A**
- B. Vitamin B**
- C. Vitamin C**
- D. Vitamin D**

Which vitamin is also known as anti-sterility vitamin?

A. Vitamin A

B. Vitamin B

~~C. Vitamin E~~

D. Vitamin D

Beauty Vitamin

Tocopherol

Which vitamin is also known as anti-sterility vitamin?

- A. Vitamin A**
- B. Vitamin B**
- C. Vitamin E**
- D. Vitamin D**

The chemical name of vitamin B12:

A. Folic acid

B. Thiamine

C. Cyanocobalamine

D. Acetic acid

Cobalt

Vit B₁₂
Element?

Pernicious
Anemia

The chemical name of vitamin B12:

- A. Folic acid**
- B. Thiamine**
- C. Cyanocobalamine**
- D. Acetic acid**

Which of the following vitamins are normally made in the kidneys?

A. Vitamin A

B. Vitamin E

C. Vitamin C

D. Vitamin D



Which of the following vitamins are normally made in the kidneys?

- A. Vitamin A**
- B. Vitamin E**
- C. Vitamin C**
- D. Vitamin D**

Deficiency of which of the following Vitamins causes pernicious anaemia?

A. Vitamin K

B. Vitamin E

C. Vitamin B12

D. Vitamin B6

Deficiency of which of the following Vitamins causes pernicious anaemia?

- A. Vitamin K**
- B. Vitamin E**
- C. Vitamin B12**
- D. Vitamin B6**

Capsaicinoids, carotenoids, phenolics, and vitamins are dominant chemicals in which of the following foods?

- A. Carrot**
- B. Garlic**
- C. Radish**
- D. Chilli**

Capsaicinoids, carotenoids, phenolics, and vitamins are dominant chemicals in which of the following foods?

- A. Carrot**
- B. Garlic**
- C. Radish**
- D. Chilli**

The commonly used Vitamin B Complex is constituted of how many vitamins?

- A. 8 Thiamine B₁ . B₁₂ Cyanocobalamin
- B. 10 Riboflavin B₂
- C. 12 Nicotinamide B₃ (Niacin)
- ~~D. 6 Pantoic acid B₅~~
- ~~Pyridoxine B₆~~
- ~~Biotin B₇~~
- ~~Folic Acid B₉~~

8

The commonly used Vitamin B Complex is constituted of how many vitamins?

A. 8

B. 10

C. 12

D. 6

Que: Which vitamin helps in blood coagulation?

प्रश्न: कौन सा विटामिन रक्त के गाढ़ा होने में मदद करता है?

A. Vitamin A

B. Vitamin C

 **C.** Vitamin K

D. Vitamin E

Que: Which vitamin helps in blood coagulation?

प्रश्न: कौन सा विटामिन रक्त के गाढ़ा होने में मदद करता है?

- A.** Vitamin A
- B.** Vitamin C
- C. Vitamin K**
- D.** Vitamin E

Que: The deficiency of _____
causes beriberi.

प्रश्न: _____ की कमी से बेरीबेरी होता है।

✓✓ B₁

A. Thiamine

B₃

B. Niacin

B₅

C. Pantothenic acid

B₆

D. Pyridoxine

Que: The deficiency of _____
causes beriberi.

प्रश्न: _____ की कमी से बेरीबेरी होता है।

- A. Thiamine**
- B. Niacin**
- C. Pantothenic acid**
- D. Pyridoxine**

Hw

Que: Which mineral is found in insulin?

प्रश्न: इंसुलिन में कौन सा मिनरल पाया जाता है ?

- A.** Copper
- B.** Iron
- C.** Zinc
- D.** Magnesium

Y723

XI