

GIVE ONE-WORD ANSWERS

1. How many percent Carbon are there in fats?
2. What is the other name of Micro minerals?
3. What is the main source of Sodium?
4. Fats contain C, O₂, and H in the percentages of _____
5. I'm helping to keep you warm and protect your organs, I also help in the production of hormones, who am I?
6. Which macro-minerals are required, if you want to keep the nervous & muscular systems fit active all the time?
7. How many types of Fats?
8. 'We are Micro-nutrients, which are required in very small amounts.' We are referring to whom?
9. Which disease is caused by the deficiency of Calcium?
10. Which fats you can found in fast foods, pastries, and biscuits?
11. Which macro-minerals helps in blood clotting, as well as the growth & development of our bones & teeth?
12. Which fats help in lowering blood cholesterol?
13. How many grams of Iron, and Iodine are required per day?
14. Which fats are slightly better than monounsaturated fats?
15. What is the expended form of UNICEF?
16. Who says that water is not included in macronutrients?
17. What is the ratio of the water compound?
18. 'I can help to the transmission of nerve impulses, formation of hormones, maintenance of heartbeat.' Who am I?
19. What is the % of water containing in blood?
20. How many % of our body weight is made up of minerals?
21. I'm helping in the transportation of nutrients, I also regulate the body temperature, who am I?
22. What is the vegetable source of Fats?
23. What is the expended form of USDA?
24. Who says that water is included in macronutrients?
25. How much gram of each of these Macro-minerals per day?
26. Who makes the teeth & bones strong and healthy?
27. Which macro-minerals helps in maintaining the amount of water in blood and tissues?
28. What is the importance of Phosphorus?
29. How many grams of Fluoride, Selenium, and Zinc are required per day?
30. What is the animals' source of Fats?
