

GIVE ONE-WORD ANSWERS

1. What is the common about the vitamins E, K, B12?
2. Which mineral helps in the production of hormones in the thyroid gland?
3. Which vitamin B complex is very much essential to keep the eyes, nose, mouth, lips, and tongue in a healthy state?
4. Which disease is caused by the deficiency of Iodine?
5. Which disease is caused by the deficiency of 'beriberi'?
6. What is Goitre?
7. 'I'm capable to produce haemoglobin, if you don't take properly may be causes anaemia, you can find me in dry fruits,' who am I?
8. 'I'm anti-oxidant, I can help you to produce sex hormones that promote the function of the reproductive system,' Who am I?
9. Which vitamin is very small, just like yeast?
10. Which mineral stimulates insulin activity?
11. Which disease is caused by the deficiency of Chromium?
12. Which vitamin is colourless as well as salty?
13. Which micro mineral helps to the formation of haemoglobin?
14. Tetany is caused by deficiency of which vitamin?
15. Which mineral can be protecting us from anaemia?
16. Which vitamin helps maintains the normal functioning of parathormone, and the hormone secreted by parathyroid glands?
17. What are the various deficiencies of Vitamin A?
18. Which micronutrients are known as organic chemicals?
19. What is the daily requirement of vitamin A?
20. Which B complex vitamin is yellow?
21. What is the common about vitamins A, D, E, K?
22. Who discovered vitamin A, and when?
23. Which vitamin is responsible for various problems such as genetic disorders, very low weight, premature infants, etc.?
24. What are the various forms of vitamin A?
25. Which vitamin helps us in the prevention of haemorrhage and excessive bleeding in wounds?
26. Which vitamin promotes normal vision and resistance to infections?
27. What is common about osteomalacia, osteoporosis, rickets, and dental cavities?
28. What is the main function of Vitamin K?
29. What is the other name of Vitamin B1?
30. What are the numerous ailments deficiencies of vitamin B1?
