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**Started on** Monday, 17 August 2020, 10:24 AM

**State** Finished

**Completed on** Monday, 17 August 2020, 10:54 AM

**Time taken** 30 mins 18 secs

**Marks** 13.00/30.00

**Grade** 4.33 out of 10.00 (43%)

**Question 1**

Incorrect

Mark 0.00 out of 1.00

Which of the following is a function of folate?

Select one:

- ☐ a. Synthesis of methylene tetrahydrofolate
- ☒ b. Carboxylation of pyruvate to oxaloacetate ✖
- ☐ c. Synthesis of TMP (thymidine monophosphate)
- ☐ d. Decarboxylation of amino acids to form amine neurotransmitters

The correct answer is: Synthesis of TMP (thymidine monophosphate)

**Question 2**

Incorrect

Mark 0.00 out of 1.00

In one year, approximately this % of bone is replaced in the human body:

Select one:

- ☐ a. 20%
- ☒ b. 2% ✖
- ☐ c. 55%
- ☐ d. 11%

The correct answer is: 20%

**Question 3**

Correct

Mark 1.00 out of 1.00

Which vitamin is required for calcium absorption from the small intestine?

Select one:

- ☐ a. Vitamin E
- ☒ b. Vitamin D ✔
- ☐ c. Vitamin A
- ☐ d. Vitamin K

The correct answer is: Vitamin D

## Question 4

Correct

Mark 1.00 out of 1.00

26. All these are major minerals, EXCEPT:

Select one:

- ☐ a. Calcium
- ☒ b. Chromium ✓
- ☐ c. Magnesium
- ☐ d. Potassium

The correct answer is: Chromium

## Question 5

Correct

Mark 1.00 out of 1.00

Which of the following vitamins is required for fatty acid b-oxidation?

Select one:

- ☐ a. Thiamin
- ☒ b. Riboflavin ✓
- ☐ c. Biotin
- ☐ d. Niacin

The correct answer is: Riboflavin

## Question 6

Correct

Mark 1.00 out of 1.00

Which of the following will increase in vitamin D deficiency?

Select one:

- ☒ a. The plasma activity of alkaline phosphatase ✓
- ☐ b. The plasma concentration of preprothrombin
- ☐ c. The plasma activity of acid phosphatase
- ☐ d. The plasma activity of prothrombin

The correct answer is: The plasma activity of alkaline phosphatase

## Question 7

Correct

Mark 1.00 out of 1.00

9. Which of the following vitamins provides the coenzyme for oxidative decarboxylation of pyruvate?

Select one:

- ☐ a. Riboflavin
- ☒ b. Thiamin ✓
- ☐ c. Niacin
- ☐ d. Vitamin B6

The correct answer is: Thiamin

## Question 8

Correct

Mark 1.00 out of 1.00

Which of the following vitamins is involved in one-carbon metabolism?

Select one:

- ☒ a. Folate ✓
- ☐ b. Niacin
- ☐ c. Vitamin C
- ☐ d. Riboflavin

The correct answer is: Folate

## Question 9

Correct

Mark 1.00 out of 1.00

Deficiency of which of the following vitamins results in megaloblastic anaemia?

Select one:

- ☐ a. Riboflavin
- ☐ b. Vitamin B6
- ☒ c. Folate ✓
- ☐ d. Niacin

The correct answer is: Folate

## Question 10

Incorrect

Mark 0.00 out of 1.00

The trace mineral in the body that contributes to skin and hair coloring and helps form the protective shield around nerve fibers is:

Select one:

- ☐ a. Iodine
- ☐ b. Sulfate
- ☒ c. Calcium ✗
- ☐ d. Copper

The correct answer is: Copper

## Question 11

Correct

Mark 1.00 out of 1.00

These two minerals tie for the 5th most abundant minerals present in the body.

Select one:

- ☒ a. Sodium and chloride ✓
- ☐ b. Sulfur and sodium
- ☐ c. Calcium and sulfur
- ☐ d. Iron and iodine

The correct answer is: Sodium and chloride

## Question 12

Correct

Mark 1.00 out of 1.00

Iron produces hemoglobin which

Select one:

- ☐ a. Transports water throughout the body
- ☒ b. Transports oxygen throughout the body ✓
- ☐ c. Rids the body of toxins
- ☐ d. Transports CO<sub>2</sub> throughout the body

The correct answer is: Transports oxygen throughout the body

## Question 13

Correct

Mark 1.00 out of 1.00

An iron deficiency common around the world, particularly in developing nations

Select one:

- ☐ a. Beriberi
- ☐ b. Rickets
- ☒ c. Anemia ✓
- ☐ d. Goiter

The correct answer is: Anemia

## Question 14

Correct

Mark 1.00 out of 1.00

Which of the following is a function of biotin?

Select one:

- ☐ a. Decarboxylation of amino acids to form amine neurotransmitters
- ☐ b. Synthesis of methionine from homocysteine
- ☐ c. Synthesis of methylene tetrahydrofolate
- ☒ d. Carboxylation of pyruvate to oxaloacetate ✓

The correct answer is: Carboxylation of pyruvate to oxaloacetate

## Question 15

Correct

Mark 1.00 out of 1.00

Which of the following is not a function of vitamin A

Select one:

- ☐ a. Activation of thyroid hormone receptors
- ☒ b. Synthesis of the blood clotting proteins ✓
- ☐ c. Detection of light in the eye
- ☐ d. Activation of vitamin D receptors

The correct answer is: Synthesis of the blood clotting proteins

## Question 16

Correct

Mark 1.00 out of 1.00

Which of the following is a function of vitamin B12?

Select one:

- ☐ a. Synthesis of TMP (thymidine monophosphate)
- ☐ b. Decarboxylation of amino acids to form amine neurotransmitters
- ☒ c. Synthesis of methionine from homocysteine ✓
- ☐ d. Carboxylation of pyruvate to oxaloacetate

The correct answer is: Synthesis of methionine from homocysteine

## Question 17

Incorrect

Mark 0.00 out of 1.00

The disease characterized by weak porous bones is:

Select one:

- ☐ a. Anemia
- ☒ b. Goiter ✗
- ☐ c. Diabetes

## Question 18

Not answered

Marked out of 1.00

Which of the following will be increased in vitamin K deficiency

Select one:

- ☐ a. The plasma concentration of calcitonin
- ☐ b. The time for blood to clot
- ☐ c. Hemolysis due to oxidative damage to red cell membranes
- ☐ d. The plasma concentration of prothrombin
- ☐ e. The time for broken bones to heal

The correct answer is: The time for blood to clot

## Question 19

Not answered

Marked out of 1.00

Calcium makes up approximately this % of human body weight:

Select one:

- ☐ a. 45%
- ☐ b. 22%
- ☐ c. 15%
- ☐ d. 2%

The correct answer is: 2%

## Question 20

Not answered

Marked out of 1.00

This major mineral is poisonous in its elemental form but not when it reacts with sodium or hydrogen to form a negative ion:

Select one:

- ☐ a. Magnesium
- ☐ b. Chloride
- ☐ c. Calcium
- ☐ d. Selenium

The correct answer is: Chloride

**Question 21**

Not answered

Marked out of 1.00

Aside from dairy, where else can you find calcium?

Select one:

- ☐ a. Dark leafy green vegetables
- ☐ b. Grains
- ☐ c. Meat
- ☐ d. Eggs

The correct answer is: Dark leafy green vegetables

**Question 22**

Not answered

Marked out of 1.00

All of these are trace minerals, EXCEPT:

Select one:

- ☐ a. Molybdenum
- ☐ b. Zinc
- ☐ c. Fluorine
- ☐ d. Potassium

The correct answer is: Potassium

**Question 23**

Not answered

Marked out of 1.00

Which of the following best explains the antioxidant action of vitamin E?

Select one:

- ☐ a. It is a radical, so when it reacts with another radical a non-radical product is formed
- ☐ b. It is lipid soluble and can react with free radicals in the bloodstream resulting from nitric oxide formation by vascular epithelium
- ☐ c. It forms a stable radical that can be reduced back to active vitamin E by reaction with vitamin C
- ☐ d. It forms a stable radical that can be reduced back to active vitamin E by reaction with glutathione and glutathione peroxidase

The correct answer is: It is lipid soluble and can react with free radicals in the bloodstream resulting from nitric oxide formation by vascular epithelium

**Question 24**

Not answered

Marked out of 1.00

Which of the following is a function of vitamin B6?

Select one:

- ☐ a. Synthesis of TMP (thymidine monophosphate)
- ☐ b. Decarboxylation of amino acids to form amine neurotransmitters
- ☐ c. Synthesis of methionine from homocysteine
- ☐ d. Synthesis of methylene tetrahydrofolate

The correct answer is: Decarboxylation of amino acids to form amine neurotransmitters

## Question 25

Not answered

Marked out of  
1.00

Which of the following vitamins provides the coenzyme for carboxylation reactions?

Select one:

- ☐ a. Niacin
- ☐ b. Riboflavin
- ☐ c. Thiamin
- ☐ d. Biotin

The correct answer is: Biotin

## Question 26

Not answered

Marked out of  
1.00

Which of the following vitamins provides the cofactor for hydroxylation reactions in collagen synthesis?

Select one:

- ☐ a. Vitamin C
- ☐ b. Riboflavin
- ☐ c. Biotin
- ☐ d. Thiamin

The correct answer is: Vitamin C

## Question 27

Not answered

Marked out of  
1.00

Which of the following vitamins provides the coenzyme for reduction reactions in fatty acid synthesis?

Select one:

- ☐ a. Niacin
- ☐ b. Folate
- ☐ c. Vitamin B6
- ☐ d. Riboflavin

The correct answer is: Niacin

## Question 28

Not answered

Marked out of  
1.00

This can lead to chronic Vitamin K deficiency.

Select one:

- ☐ a. Excessive use of antibiotics
- ☐ b. Excessive bleeding
- ☐ c. Carrots & sweet potatoes
- ☐ d. The B Vitamins and Vitamin C

The correct answer is: Excessive use of antibiotics

## Question 29

Not answered

Marked out of  
1.00

14. Which of the following vitamins is involved in transamination of amino acids?

Select one:

- ☐ a. Folate
- ☐ b. Vitamin B6
- ☐ c. Riboflavin
- ☐ d. Thiamin

The correct answer is: Vitamin B6

## Question 30

Not answered

Marked out of  
1.00

Which vitamin is a major lipid-soluble antioxidant in cell membranes?

Select one:

- ☐ a. Vitamin A
- ☐ b. Vitamin E
- ☐ c. Vitamin D
- ☐ d. Vitamin K

The correct answer is: Vitamin E

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