

## Nutrients Questions PDF with detailed solutions

Numerous competitive tests have questions concerning nutrients. It's rewarding and simple to respond to these inquiries. You must understand the various nutrients and how important they are. After reading up on it, you can begin.

With a little practice, you'll be able to confidently answer these questions about general science. Ten questions about nutrients are offered to aid with your practise. Answering any of these questions shouldn't take more than a minute.

## Questions on Nutrients

You can also download the questions and answers pdf. Just click on the **Download PDF** button. So let's start with the first question.

**Q:1** Which of the following nutrients are essential to the growth and repair of muscle and other body tissues?

1. Proteins
2. Carbohydrates
3. Vitamins
4. Roughage(Fiber)

(**Difficulty: 1, Estimated Time: 10 Seconds**) Let us start off with a basic question.

**Q:2** Which micronutrient is supplied by the soil to the plant?

1. Calcium
2. Nitrogen
3. Zinc
4. Phosphorous

(**Difficulty: 2, Estimated Time: 15 Seconds**) This is a bit tricky.

**Q:3** The process of synthesizing simple macromolecules and absorption of nutrients and other chemicals from food into the body is known as?

1. Transportation
2. Assimilation
3. Anabolism



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### 4. Catabolism

(**Difficulty:** 3, **Estimated Time:** 20 Seconds) This one's a bit difficult.

**Q:4** Which of the following pair type of nutrient – nutrient is correct?

- I. Macronutrient – Iron
- II. Micronutrient – Calcium

- 1. Only I
- 2. Both I and II
- 3. Neither I nor II
- 4. Only II

(**Difficulty:** 2, **Estimated Time:** 15 Seconds) This is an easy one.

**Q:5** Which of the following take in food by engrossing the nutrients through the cell membranes?

- 1. Protozoa
- 2. Bryozoans
- 3. Vertebrates
- 4. All of these

(**Difficulty:** 2, **Estimated Time:** 15 Seconds) Think carefully before answering.

**Q:6** Which nutrient is chlorella rich in?

- 1. Roughage
- 2. Carbohydrates
- 3. Fats
- 4. Protein

(**Difficulty:** 3, **Estimated Time:** 20 Seconds) Have you read about chlorella?

**Q:7** The deficiency of which nutrient causes night blindness?

- 1. Vitamin A
- 2. Vitamin C

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3. Proteins

4. Vitamin K

(**Difficulty: 3, Estimated Time: 20 Seconds**) Do you know about this?

**Q:8** Which of the following ecologist's research provided revolutionary new insights into how energy and nutrients move through the ecosystems?

1. Arthur Tansley

2. Ernst Haeckel

3. Charles Elton

4. Raymond Lindeman

(**Difficulty: 2, Estimated Time: 15 Seconds**) Think carefully before answering.

**Q:9** What is the name of a fluid which is secreted by new mothers during the initial days of lactation, contains nutrients that boost a baby's immune system and helps fight infection?

1. Sebum

2. Synovia

3. Colostrum

4. Cerumen

(**Difficulty: 2, Estimated Time: 15 Seconds**) This isn't difficult. Try to get it right.

**Q:10** The treatment designed to remove non-biodegradable organic pollutants and mineral nutrients from waste water is

1. Lagoons

2. Imhoff tank

3. Secondary treatment

4. Tertiary Treatment

(**Difficulty: 2, Estimated Time: 15 Seconds**) Let's end with an easy one too.

## Answer Key

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Let's have a look at your score.

1. (1)	2. (3)	3. (2)	4. (4)	5. (1)
6. (4)	7. (1)	8. (4)	9. (3)	10. (3)

Comment below your score, considering each question has 1 mark only. If you scored 8 to 10, congratulations! You are one step closer to selection. If you have scored 5 to 8 marks, then you are doing well, keep it up. If you have scored less than 5 marks then you need to work a little harder on this subject. But don't worry, we are here to help you master the subject.

Let's check the answers and solutions and try to find out what went wrong.

## Answers and Solutions

**Q:1** The correct answer is **option 1** i.e. **Proteins**.

There are seven major classes of nutrients: carbohydrates, fats, fiber, minerals, protein, vitamins, and water.

**Carbohydrates** - are the main source of energy.

**Fats** - one source of energy and important in relation to fat-soluble vitamins.

**Roughage (Fiber)** - the fibrous indigestible portion of our diet essential to the health of the digestive system.

**Minerals** - those inorganic elements occurring in the body and which are critical to its normal functions.

**Proteins** - essential to the growth and repair of muscle and other body tissues.

**Vitamins** - water and fat-soluble vitamins play important roles in many chemical processes in the body.

**Water** - essential to normal body function - as a vehicle for carrying other nutrients and because 60% of the human body is water.

**Q:2** The correct answer is **option 3** i.e. **Zinc**.

Zinc is one of the essential micro-nutrient present in the soil. It is required for the synthesis of chlorophyll in the plants.

It aids in plant growth.

It regulates the root growth, flowering and fruit production.

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**Q:3** The correct answer is **Option 2** i.e. **Assimilation**

Assimilation is the process by which living organisms integrate nutrients from food or absorb vitamins, minerals, and other chemicals into the body to satisfy the energy demands required to stay alive.

Assimilating also involves breaking complex molecules derived from food sources into simpler particles.

**Additional Information-**

**Transportation** The transfer of any substance from one place to another is referred to as transportation. Plants and animals should transfer the water and nutrients needed for all metabolic processes. Moving the waste or excretory products to the area of excretion is also necessary.

**Anabolism** The process by which relatively complex chemicals are created in living cells from nutrients with relatively simple structures is known as anabolism, sometimes known as biosynthesis.

**Catabolism** The process by which relatively big molecules in living cells are broken down or degraded is known as catabolism. Energy-rich substances, including adenosine triphosphate [ATP], are conserved as a portion of the chemical energy generated during catabolic processes.

**Q:4** The correct answer is **option 4** i.e. **Only II.**

Calcium is the most abundant mineral in the body and has four primary functions: making bones strong and healthy, facilitating nerve-to-nerve communication, stimulating muscle contraction, and activating blood-clotting factors.

Micronutrients are compounds that are only required in minimal amounts which aid in the growth, development, and maintenance of the body.

**Q:5** The correct answer is **Option 1** i.e. **Protozoa**

Protozoa take in food by the process of osmotrophy that is by engrossing the nutrients through the cell membranes or also they feed on phagocytosis, either by the process of engulfing the particles of the food with the help of pseudopodia.

**Q:6** The correct answer is **option 4** i.e. **Protein.**

Chlorella contains a range of nutrients, including proteins, omega-3 fatty acids, vitamins, and minerals, including antioxidants.

It is naturally rich in proteins, vitamins, minerals, and dietary fiber. Its reported benefits include boosting antibody count, promoting weight loss, and fighting cancer and other diseases.

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**Q:7** The correct answer is **option 1** i.e. **Vitamin A**.

Night blindness (in which it is difficult or impossible

to see in relatively low light) is one of the clinical signs of vitamin A deficiency and is common during pregnancy in developing countries.

Retinol is the main circulating form of vitamin A in blood and plasma.

**Q:8** The correct answer is **Option 4** i.e. **Raymond Lindeman**

Raymond L. Lindemann's research provided revolutionary new insights into the flow of energy and nutrients through ecosystems.

Raymond Lindeman was a University of Minnesota graduate student whose research defined ecosystem science.

**Q:9** The correct answer is **Option 3** i.e. **Colostrum**

**Other Information-**

**Colostrum**, the fluid secreted by new mothers during the early days of breastfeeding, contains nutrients that boost the baby's immune system and help fight infection.

After delivery, there are many changes in the mother's milk i.e. breast milk and there are many types of it, one of which is colostrum. Colostrum is considered very beneficial for the baby.

Colostrum is yellow or orange and thick in colour but sometimes it can be clear and thin.

Colostrum has a deep yellow or orange colour due to the high amount of beta-carotene in it. Colostrum arrives at least 5 days after delivery.

Colostrum contains high amounts of cholesterol which helps in the development of the baby's nervous system.

It provides zinc, calcium, vitamins A, B6 and K and helps in the all-round development of the baby.

**Q:10** The correct answer is **Option 3** i.e. **Secondary treatment**

The initial and primary water treatment process removes large matter from wastewater.

Secondary wastewater treatment processes use microorganisms to biologically remove contaminants from wastewater.



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Secondary biological processes can be aerobic or anaerobic, each process utilizing a different type of bacterial community.

So that's it for today. Biology subjects are important in general. We'll go over another subject matter of General Science later. Until then, you can practice the questions by downloading the Nutrients PDF.



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