

Practice Set – 6

1. Name the Vitamin that keeps us safe from Pellagra disease?

- A. Vitamin B5
- B. Vitamin B7
- C. Vitamin B3
- D. None of the above

2. Fat-soluble vitamins are:

- A. Vitamin K
- B. Vitamin E
- C. Vitamin D
- D. All of the above

3. Retinol is the scientific name for which Vitamin?

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

4. Which of the following is the function of Vitamin A in the body?

- A. Vision, bone and body growth
- B. Immune defense, retention of membranes and skin
- C. Normal cell development and reproduction
- D. All of the above

5. Sources of vitamin A?

- A. Liver
- B. Milk
- C. Raw vegetables
- D. All of the above

6. The different types of vitamins are:

- A. Soluble Oil
- B. Soluble Water
- C. Both A and B
- D. None of the above

7. Poor vision is due to lack of _____.

- A. Vitamin A
- B. Vitamin B
- C. Vitamin D
- D. None of the above

8. What is the chemical name of niacin?

- A. Vitamin B3
- B. Vitamin B2
- C. Vitamin B1
- D. Vitamin C

9. Which of the following vitamins are not synthesized by the intestinal bacteria?

- (a) Vitamin B1
- (b) Vitamin B4
- (c) Vitamin D
- (d) Vitamin K

10. Vitamin C is available in:

- A. Tomato
- B. Papaya
- C. Guava
- D. All of the above

11. In which year was Vitamin A discovered?

- A. 1910
- B. 1912
- C. 1925
- D. 1927

12. Liver damage is caused by an overdose of which vitamin?

- A. Vitamin B1
- B. Vitamin B2
- C. Vitamin B3
- D. Vitamin D

13. What vitamin is provided by sunlight in the body?

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

14. Name something that makes a vitamin metabolically in-defective?

- A. Anti-vitamin
- B. Antioxidants
- C. Cyanocobalamin
- D. Riboflavinosis

15. Name the vitamins that are important for brain health?

- A. Vitamin B6
- B. Vitamin B9

- C. Vitamin B12
- D. All of the above

16. Vitamin C deficiency leads to:

- A. Cancer
- B. Rickets
- C. Scurvy
- D. The flu

17. Beriberi is caused due to—

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

18. Vitamin D is also known as—

- A. Reproductive vitamin
- B. Sunshine vitamin
- C. Ascorbic acid
- D. Growth vitamin

19. The vitamin which is water soluble?

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

20. A vitamin that plays a vital role in the coagulating property of blood?

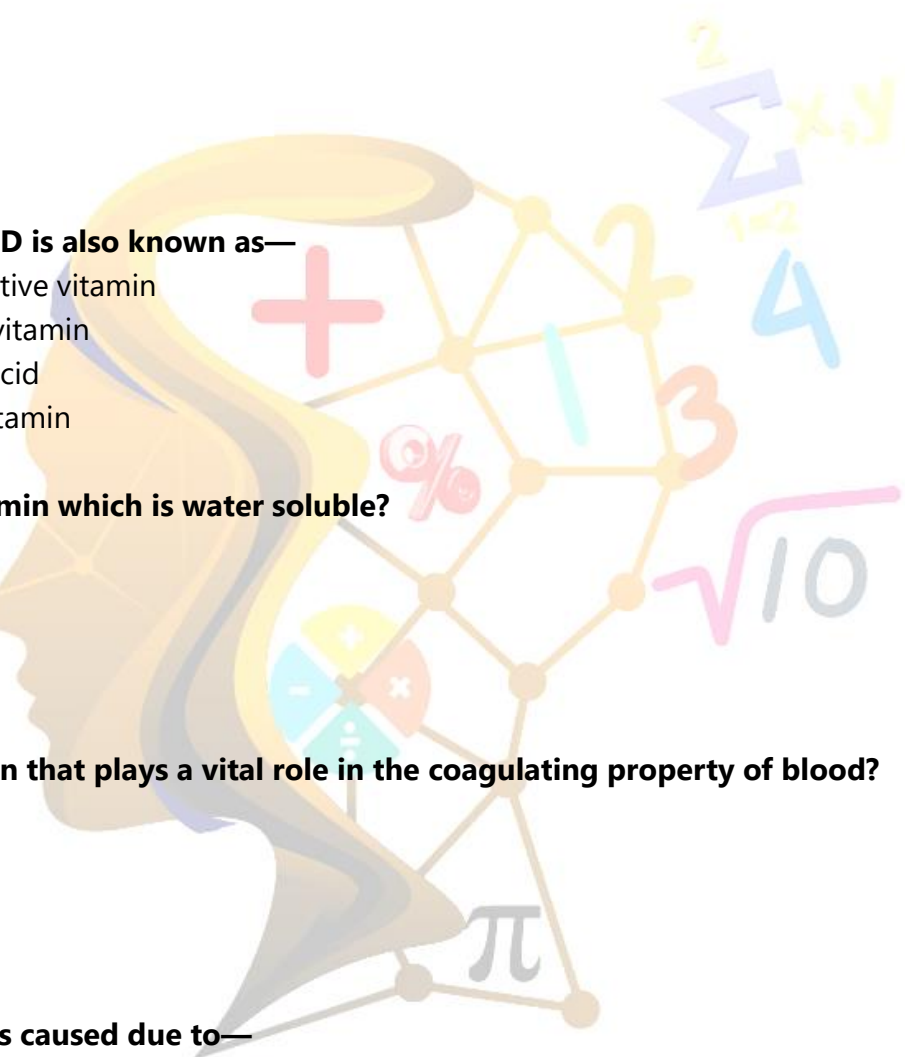
- A. Vitamin A
- B. Vitamin B
- C. Vitamin K
- D. Vitamin D

21. Rickets is caused due to—

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

22. Vitamin D is—

- A. Pyridoxin
- B. Tocoferol



- C. Ergosterol
- D. Calciferol

23. Scurvy is caused due to—

- A. Vitamin B2
- B. Ascorbic acid
- C. Glutamic acid
- D. Vitamin B12

24. Which of the following vitamin is responsible for remembering dreams?

- A. Vitamin B
- B. Vitamin B6
- C. Vitamin A
- D. Vitamin C

25. Vitamin B6 is known as—

- A. Pyridoxin
- B. Tocopherol
- C. Thiamine
- D. Riboflavin

26. Vitamin B12 contains—

- A. Mn
- B. Fe
- C. Co
- D. Mg

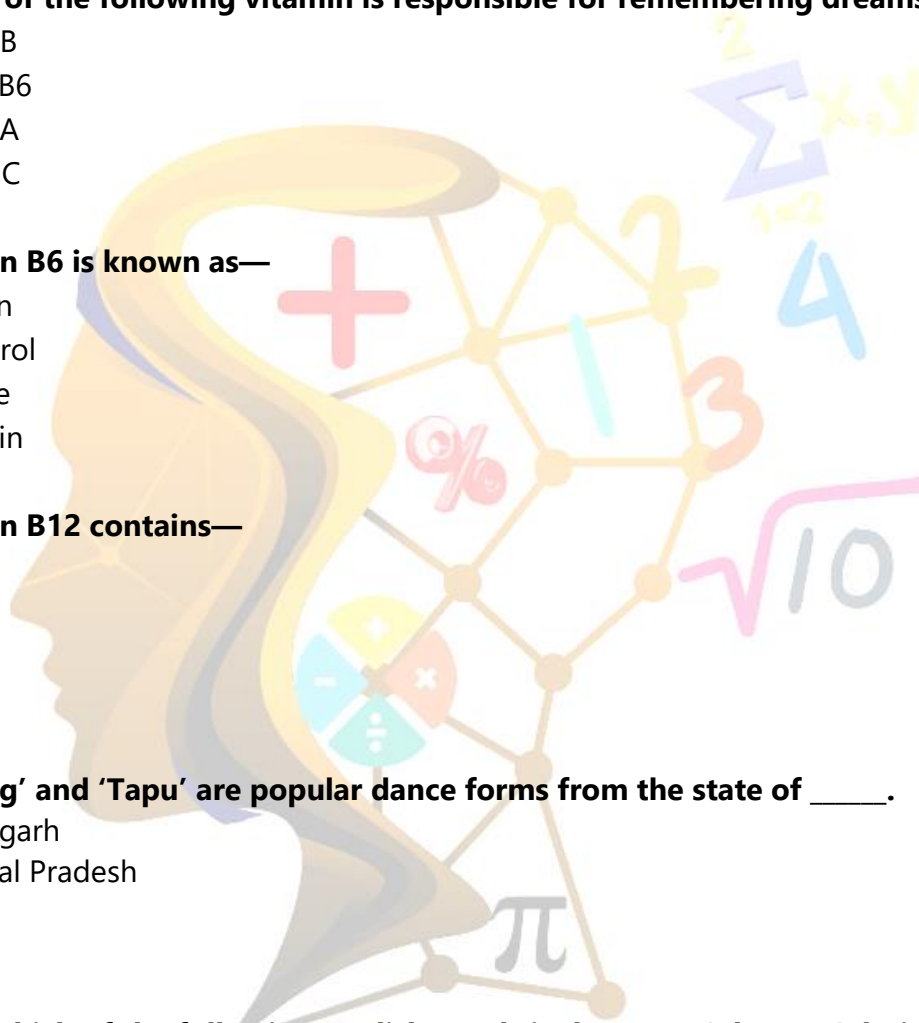
27. 'Ponung' and 'Tapu' are popular dance forms from the state of ____.

- A. Chhattisgarh
- B. Arunachal Pradesh
- C. Goa
- D. Bihar

28. From which of the following English words is the name 'Bhangra' derived in the context of Bhangra Dance?

- A. Hemp
- B. Rhythm
- C. Style
- D. Movement

29. Which of the following is a UNESCO-recognised dance from?



- A. Bhangra
- B. Dalkhai
- C. Kalbelia
- D. Giddha

30. The efforts of Siddhendra Yogi have brought glory to the dance form called _____.

- A. Bharatanatyam
- B. Mohiniyattam
- C. Kuchipudi
- D. Kathakali

31. Which of the following states does NOT figure among the places of origins of the Chhau Dance?

- A. Madhya Pradesh
- B. Jharkhand
- C. Odisha
- D. West Bengal

32. The Koya Dance is associated with which of the following states?

- A. Uttarakhand
- B. Odisha
- C. Punjab
- D. Rajasthan

33. 'Aaluyattu' is a folk-dance form from the state of _____.

- A. Nagaland
- B. Kerala
- C. Goa
- D. Haryana

34. Kathakali is a dance form traditionally associated with the state of:

- A. Andhra Pradesh
- B. Odisha
- C. Kerala
- D. Tamil Nadu

35. Which is a solo woman dance which was further developed by Vadivelu in 19th century?

- A. Manipuri
- B. Sattriya
- C. Mohiniattam
- D. Kathak

36. Nayana, Suvarna, Ranjana and Darshana are major proponents of which dance?

- A. Manipuri
- B. Odissi
- C. Bharatnatyam
- D. Sattriya

37. 'Consumer Day' is celebrated every year on

- A. 1st April
- B. 23rd April
- C. 15th March
- D. 5th December

38. Which day is the International Human Rights Day?

- A. December 10th
- B. October 24th
- C. November 25th
- D. None of the above

39. The World Day to Combat Desertification is observed every, year on:

- A. 4th May
- B. 17th June
- C. 14th August
- D. 3rd October

40. The World Environment Day observed on

- (a) 15th June
- (b) 5th June
- (c) 10th October
- (d) 8th March

41. 'National Youth Day' is marked on:

- (a) January 15
- (b) January 9
- (c) January 18
- (d) January 12

42. "Martyr's Day" is marked on

- (a) January 1
- (b) January 15
- (c) January 30
- (d) January 9

43. Non Resident Indians (NRI) Day is marked on:



- (a) January 9
- (b) January 17
- (c) January 19
- (d) January 7

44. In which calendar month of every year, each one of the first four dates (i.e. from 1st to 4th) is observed as a World/International Day for a specific purpose?

- (a) June
- (b) July
- (c) September
- (d) October

45. Minorities Rights Day is observed in India on

- (a) 23rd December
- (b) 5th September
- (c) 1st December
- (d) 18th December

46. Kisan Diwas (Farmer's Day) is observed on the

- (a) 1st July
- (b) 4th December
- (c) 18th December
- (d) 23rd December

47. Which one of the following day is observed on a different date for different countries?

- (a) World Environment Day
- (b) International Women's Day
- (c) International Friendship Day
- (d) World Habitat Day

48. Which one of the following days is not observed in the month of October?

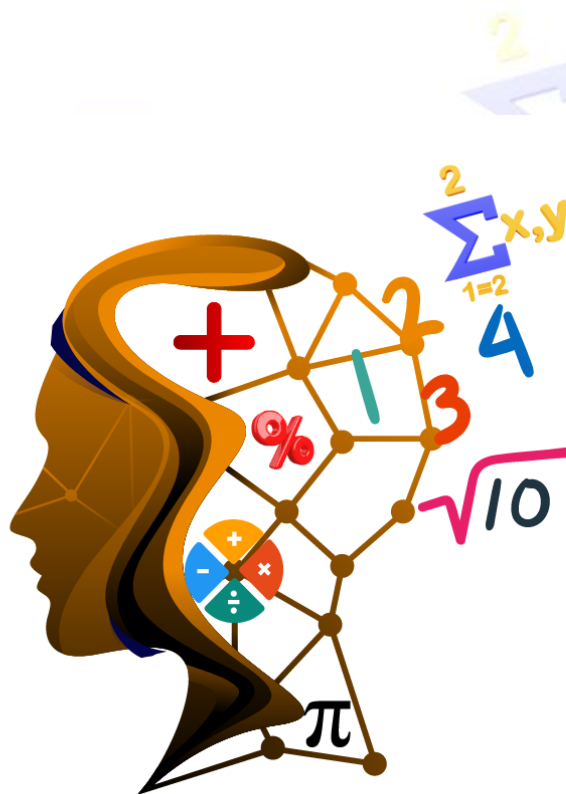
- (a) Indian Air-force Day
- (b) U.N. Day
- (c) World Environment Day
- (d) International Day of Non-violence

49. The World Ozone Day is celebrated on

- (a) September 18th
- (b) March 12th
- (c) September 16th
- (d) March 10th

50. December 1 is celebrated as:

- (a) Indian Navy Day
- (b) UNICEF Day
- (c) World AIDS Day
- (d) Children's Day



COMPETITIVE CRACKERS

EXCELLENCE FOR ALL