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1. Different types of Vitamins are:

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

Ans. C

Explanation: Vitamins are divided in to two categories: fat-soluble and water-soluble.

2. Fat soluble Vitamins are:

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

Ans. D

Explanation: Fat-soluble vitamins are: A,D,E and K.

3. Niacin is the chemical name of which Vitamin?

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

Ans. A

Explanation: The chemical name of Vitamin B3 is Niacin which is a water soluble vitamin. Whereas of B1 is Thiamine, B2 is Riboflavin and C is Ascorbic acid.

4. Name the Vitamin that protects us from Pellagra disease?

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

Ans. C

Explanation: Vitamin B3 protects us from Pellagra disease, B7 from Dermatitis and B5 from Paresthesia.

5. Retinol is the scientific name of which Vitamin?

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

Ans. A

Explanation: Retinol is the scientific name of Vitamin A.

6. Vitamin C is present in:

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

Ans. D

Explanation: Vitamin C is present in citrus fruits, guava, tomatoes, broccoli, papayas, peas etc.

7. Vitamin A was discovered in which year?

- A. 1910
- B. 1912
- C. 1922
- D. 1927

Ans. B

Explanation: In 1912, a biochemist known as Frederick Gowland Hopkins found unknown factors present in milk that were not fats, proteins or carbohydrates, but were required to aid growth in rats. Hopkins was later awarded the Nobel Prize (in 1929) for this discovery.

8. Liver damage is caused due to the overdose of which vitamin?

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

Ans. C

Explanation: Liver damage is caused due to the overdose Vitamin B3.

9. Name a substance that makes a vitamin metabolically ineffective?

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

Ans. A

Explanation: Anti-vitamin is simply a substance that makes a vitamin metabolically ineffective.

10. Name the vitamin which are essential for the health of the brain?

- A. Vitamin B6
- B. Vitamin B9
- C. Vitamin B12
- D. All the above

Ans. D

Explanation: Vitamin B6, B9 and B12 are essential for brain health and are also known as brain vitamins.