

SUVA SANGAM COLLEGE

YEAR 12

HOME ECONOMICS

WORKSHEET 7

Strand: Food and Nutrition

Sub - Strand: Diet and Health

Multiple Choice Questions

1. Which of the following micronutrients act as a co-enzyme in the metabolism of protein?

- A. Riboflavin
- B. Pyridoxine
- C. Ascorbic acid
- D. Nicotinic acid

2. The micronutrients that are stable in heat are vitamins

- A. A, D and E.
- B. A, B and C.
- C. C, D and E.
- D. D, E and K.

3. Calciferol is another name for Vitamin

- A. A.
- B. D.
- C. E.
- D. K.

Short Answer Questions

1. Explain one way water soluble nutrients are lost during food preparation.

2. Define enzymatic browning.
