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SUBJECT

BIOCHEMISTRY

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40 QUESTIONS WITH DETAILED EXPLANATION

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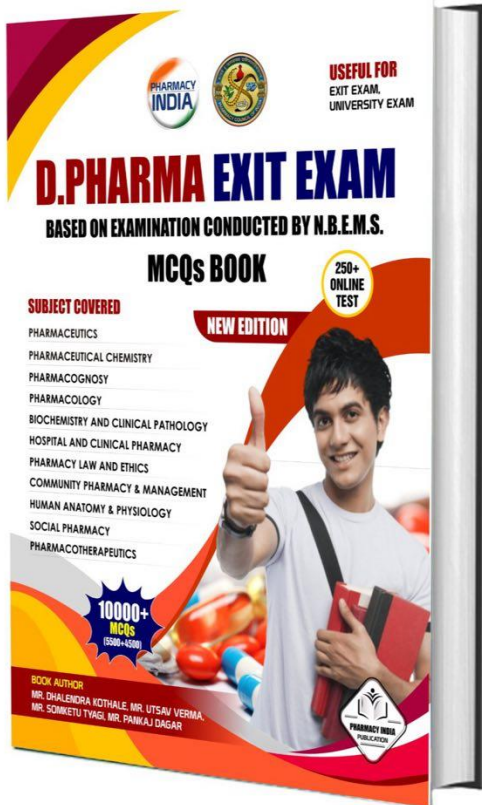
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BIOCHEMISTRY

MINERALS





1 . Which mineral is crucial for the synthesis of hemoglobin?

- A) Iron
- B) Calcium
- C) Zinc
- D) Magnesium





1 . Which mineral is crucial for the synthesis of hemoglobin?

A) Iron

B) Calcium

C) Zinc

D) Magnesium





2. Which mineral is important for the formation of bones and teeth?

- A) Iron
- B) Fluoride
- C) Iodine
- D) Zinc





2. Which mineral is important for the formation of bones and teeth?

A) Iron

B) Fluoride

C) Iodine

D) Zinc





3 . What is the daily requirement of calcium for children ?

- A) 400 mg
- B) 800 mg
- C) 1200 mg
- D) 1500 mg





3 . What is the daily requirement of calcium for children ?

- A) 400 mg
- B) 800 mg
- C) 1200 mg**
- D) 1500 mg





Mineral	Daily requirement	Sources	Deficiency / Toxicity
Calcium	<ul style="list-style-type: none"> ➤ For child is 1200mg/day and ➤ For adult it is 500mg/day ➤ During pregnancy is 1500mg/day 	Almonds, Carrots, Milk, Broccoli, Canned Fish, Papaya, Garlic, and Cashew	<p>Hypercalcemia (more than 11mg/dl)</p> <p>Hypocalcemia (less than 8mg/dl)</p>





4 . What is the recommended daily intake of iron for adult males?

- A) 8 mg
- B) 10 mg
- C) 12 mg
- D) 15 mg





4 . What is the recommended daily intake of iron for adult males?

- A) 8 mg
- B) 10 mg
- C) 12 mg
- D) 15 mg





Mineral	Daily requirement	Sources	Deficiency / Toxicity
Iron	<p>➤ for healthy adults over the age of 18 is 11 mg/day</p> <p>➤ during pregnancy and lactation needs can go up to 16 mg/day</p>	Meat, Eggs, Beans, Baked Potato, Dried Fruits, Green Leafy Vegetables, Whole and Enriched Grains	Anemia





5 . Which mineral is crucial for nerve function and muscle contraction?

- A) Sodium
- B) Potassium
- C) Chloride
- D) Calcium





5 . Which mineral is crucial for nerve function and muscle contraction?

A) Sodium

B) Potassium

C) Chloride

D) Calcium





6 . What is the daily requirement of zinc for adult males?

- A) 5 mg
- B) 10 mg
- C) 15 mg
- D) 20 mg





6 . What is the daily requirement of zinc for adult males?

- A) 5 mg
- B) 10 mg**
- C) 15 mg
- D) 20 mg





Mineral	Daily requirement	Sources	Deficiency / Toxicity
Zinc	<ul style="list-style-type: none"> ❑ for adults 19+ years men - 11 mg/day ❑ for women - 8 mg ❑ Pregnancy and lactation - 11 mg and 12 mg/day 	Beef, Pork, Dark Meat, Chicken, Cashews, Almonds, Peanuts, Beans, Split Peas, and Lentil	zinc deficiency include impaired growth and development, delayed sexual maturity, skin rashes, chronic diarrhea, impaired wound healing





7. Which mineral is a component of insulin and is involved in carbohydrate metabolism?

- A) Chromium
- B) Magnesium
- C) Potassium
- D) Sodium





7. Which mineral is a component of insulin and is involved in carbohydrate metabolism?

- A) Chromium
- B) Magnesium
- C) Potassium
- D) Sodium





8 . Which mineral is required for the synthesis of DNA and RNA?

- A) Zinc
- B) Iron
- C) Copper
- D) Manganese





8 . Which mineral is required for the synthesis of DNA and RNA?

- A) Zinc
- B) Iron
- C) Copper
- D) Manganese





9 . How much fluoride is recommended per day for adults aged 19 years and older?

- A) 1 mg
- B) 2 mg
- C) 3 mg
- D) 4 mg





9 . How much fluoride is recommended per day for adults aged 19 years and older?

A) 1 mg

B) 2 mg

C) 3 mg

D) 4 mg





Mineral	Daily requirement	Sources	Deficiency / Toxicity
Fluoride	for adults 19+ years at 4 mg a day for men and 3 mg for women.	Brewed black tea and coffee Fluoridated water, Canned shellfish like shrimp and blue crab, Oatmeal, Raisins, Potatoes	dental caries and potentially bone problems.





10 . Which mineral deficiency causes osteoporosis and bone abnormalities?

- A) Calcium
- B) Magnesium
- C) Phosphorus
- D) Potassium





10 . Which mineral deficiency causes osteoporosis and bone abnormalities?

A) Calcium

B) Magnesium

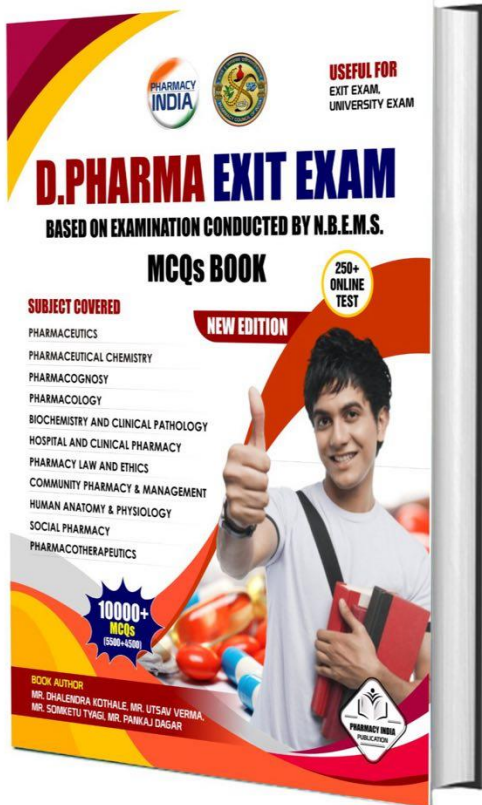
C) Phosphorus

D) Potassium



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11 . Calcium is primarily found in which dietary sources?

- A) Seafood
- B) Green leafy vegetables
- C) Nuts and seeds
- D) Dairy products





11 . Calcium is primarily found in which dietary sources?

- A) Seafood
- B) Green leafy vegetables
- C) Nuts and seeds
- D) Dairy products**





12 . Which mineral is important for the regulation of fluid balance in the body?

- A) Sodium
- B) Potassium
- C) Calcium
- D) Iron





12 . Which mineral is important for the regulation of fluid balance in the body?

- A) Sodium**
- B) Potassium
- C) Calcium
- D) Iron





13 . Which mineral deficiency can lead to cretinism in newborns and goiter in adults?

- A) Iron
- B) Zinc
- C) Iodine
- D) Selenium





13 . Which mineral deficiency can lead to cretinism in newborns and goiter in adults?

- A) Iron
- B) Zinc
- C) Iodine**
- D) Selenium





14 . Which mineral is important for the synthesis of collagen and connective tissue?

- A) Iron
- B) Zinc
- C) Copper
- D) Manganese





14 . Which mineral is important for the synthesis of collagen and connective tissue?

A) Iron

B) Zinc

C) Copper

D) Manganese





15. Which of the following is an example of a macromineral?

- A) Iron
- B) Zinc
- C) Magnesium
- D) Copper





15. Which of the following is an example of a macromineral?

A) Iron

B) Zinc

C) Magnesium

D) Copper





MACROMINERALS	MICROMINERALS
Macrominerals are those minerals which are required in relatively large doses.	Also called trace minerals, these are minerals which are required in small amounts.
sodium, calcium, chloride, magnesium, potassium, phosphorus, and sulfur.	iron, copper, iodine, zinc, manganese, fluoride, cobalt and selenium.
Our body cannot produce these minerals; hence, they need to be obtained from a food source.	If these trace minerals are taken in excessive quantities, mineral toxicity is induced.
The deficiency of these minerals results in severe ramifications for health.	For instance, acute selenium toxicity is observed if an individual overdoses on dietary supplements.





16 . What is the daily requirement of manganese for adult females?

- A) 1 mg
- B) 2 mg
- C) 3 mg
- D) 4 mg





16 . What is the daily requirement of manganese for adult females?

A) 1 mg

B) 2 mg

C) 3 mg

D) 4 mg





Dietary requirement

Age	Male	Female	Pregnancy	Lactation
7-12 months	0.6 mg	0.6 mg		
1-3 years	1.2 mg	1.2 mg		
4-8 years	1.5 mg	1.5 mg		
9-13 years	1.9 mg	1.6 mg		
14-18 years	2.2 mg	1.6 mg	2.0 mg	2.6 mg
19-50 years	2.3 mg	1.8 mg	2.0 mg	2.6 mg
51+ years	2.3 mg	1.8 mg		





17 . Which mineral is required for the metabolism of carbohydrates, fats, and proteins?

- A) Magnesium
- B) Zinc
- C) Chromium
- D) Manganese





17 . Which mineral is required for the metabolism of carbohydrates, fats, and proteins?

A) Magnesium

B) Zinc

C) Chromium

D) Manganese





18 . Which mineral deficiency is associated with osteomalacia?

- A) Fluoride
- B) Magnesium
- C) Vitamin K
- D) Phosphorus





18 . Which mineral deficiency is associated with osteomalacia?

- A) Fluoride
- B) Magnesium
- C) Vitamin K
- D) Phosphorus**





19 . Which mineral is essential for the proper function of the immune system and wound healing?

- A) Selenium
- B) Zinc
- C) Copper
- D) Iodine





19 . Which mineral is essential for the proper function of the immune system and wound healing?

A) Selenium

B) Zinc

C) Copper

D) Iodine





20 . Which mineral deficiency is associated with muscle weakness and cardiac arrhythmias?

- A) Potassium
- B) Magnesium
- C) Sodium
- D) Calcium





20 . Which mineral deficiency is associated with muscle weakness and cardiac arrhythmias?

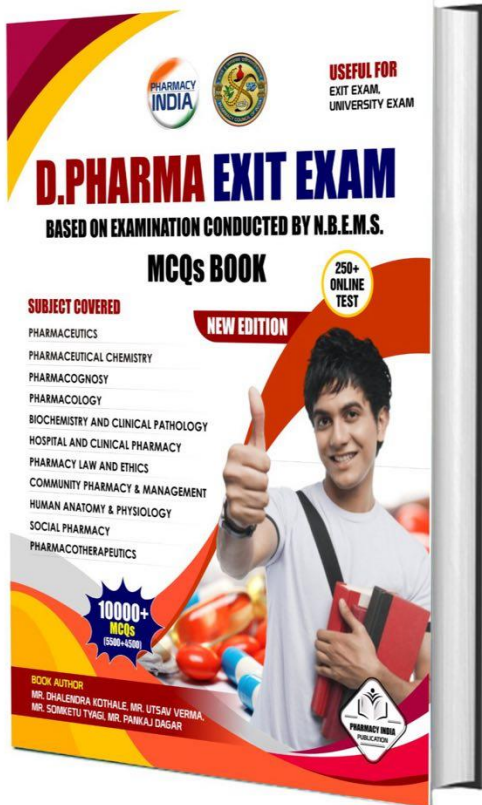
- A) Potassium
- B) Magnesium
- C) Sodium
- D) Calcium



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21. This mineral is a major electrolyte in the extracellular fluid and helps regulate blood pressure:

- A. Potassium
- B. Sodium
- C. Calcium
- D. Phosphorus





21. This mineral is a major electrolyte in the extracellular fluid and helps regulate blood pressure:

A. Potassium

B. Sodium

C. Calcium

D. Phosphorus





22 . Deficiency of this mineral is associated with increased risk of hypertension (high blood pressure):

- A. Potassium
- B. Sodium
- C. Calcium
- D. Phosphorus





22 . Deficiency of this mineral is associated with increased risk of hypertension (high blood pressure):

A. Potassium

B. Sodium

C. Calcium

D. Phosphorus





23 . What is the daily requirement of selenium for adults?

- A) 25 mcg
- B) 50 mcg
- C) 75 mcg
- D) 100 mcg





23 . What is the daily requirement of selenium for adults?

- A) 25 mcg
- B) 50 mcg**
- C) 75 mcg
- D) 100 mcg





Group	Recommended Dietary Allowance
Children 1-3	20 micrograms/day
Children 4-8	30 micrograms/day
Children 9-13	40 micrograms/day
Adults and children 14 and up	55 micrograms/day
During pregnancy	60 micrograms/day
While breastfeeding	70 micrograms/day





24 . This mineral is essential for the structure of bones and teeth, and also plays a role in muscle contraction:

- A. Chloride
- B. Sodium
- C. Calcium
- D. Phosphorus





24 . This mineral is essential for the structure of bones and teeth, and also plays a role in muscle contraction:

A. Chloride

B. Sodium

C. Calcium

D. Phosphorus





25 . This mineral is necessary for the activation of enzymes and regulation of cellular activities:

- A. Sodium
- B. Magnesium
- C. Phosphorus
- D. Potassium





25 . This mineral is necessary for the activation of enzymes and regulation of cellular activities:

A. Sodium

B. Magnesium

C. Phosphorus

D. Potassium





26. This mineral is important for energy metabolism and is a component of ATP (adenosine triphosphate):

- A. Calcium
- B. Phosphorus
- C. Sodium
- D. Magnesium





26. This mineral is important for energy metabolism and is a component of ATP (adenosine triphosphate):

- A. Calcium
- B. Phosphorus**
- C. Sodium
- D. Magnesium





27. Which of the following minerals is considered a macromineral?

- A) Iron
- B) Zinc
- C) Calcium
- D) Copper





27. Which of the following minerals is considered a macromineral?

- A) Iron
- B) Zinc
- C) Calcium**
- D) Copper





28. Copper toxicity can lead to damage in which organ?

- A) Liver
- B) Kidney
- C) Heart
- D) Brain





28. Copper toxicity can lead to damage in which organ?

- A) Liver
- B) Kidney
- C) Heart**
- D) Brain





29. Iron deficiency can lead to which condition characterized by fatigue and weakness?

- A) Scurvy
- B) Osteoporosis
- C) Anemia
- D) Goiter





29. Iron deficiency can lead to which condition characterized by fatigue and weakness?

- A) Scurvy
- B) Osteoporosis
- C) Anemia**
- D) Goiter





30 . This mineral is necessary for the activation of enzymes and regulation of cellular activities:

- A. Sodium
- B. Magnesium
- C. Phosphorus
- D. Potassium





30 . This mineral is necessary for the activation of enzymes and regulation of cellular activities:

A. Sodium

B. Magnesium

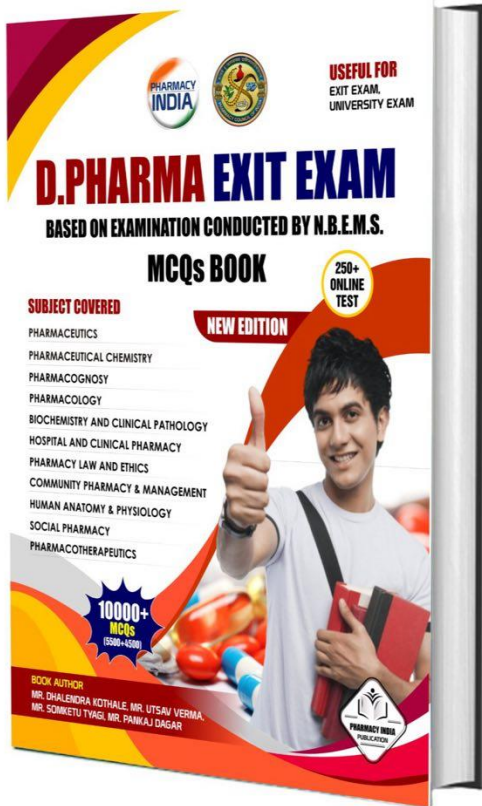
C. Phosphorus

D. Potassium



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