

**PRIORITY**

**F. No. 4-15/ICDS/NNM/DSW/2017-18/ 2986**  
**DIRECTORATE OF SOCIAL WELFARE**  
**ANDAMAN & NICOBAR ADMINISTRATION**

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Port Blair, dated 17 September, 2018

To

The State Informatics Officer,  
National Informatics Centre,  
Ranchi Basthi,  
Port Blair.

**Sub: Uploading "Nutrition Quiz" questions (an activity for school children to celebrate Poshan Maah) on Administration's website - reg.**

Sir,

I am directed to inform you that Department of Social Welfare is celebrating Rashtriya Poshan Maah (National Nutrition Month) throughout these Islands during the month of September, 2018 which has been dedicated to Nutrition with the theme "Ensuring focused intervention on addressing under-nutrition during the first 1000 days of the child: Better Child Health". Children in the age group of 8-15 years have been requested to participate in the quiz. The Quiz questions have been prepared and needs to be uploaded in the Administration's website for wider participation.

Therefore it is requested to upload the list of quiz questions under poshan maah on the website of A&N Administration which is enclosed herewith.


Yours faithfully,

**Encl: A/a**

  
**Dr. Navlendra Kr. Singh**  
**Director (SW)**

**Copy to:**

1. PS to Secretary (SW) for information.

  
**Director (SW)**

## QUIZ

1. Which of these is a common source of Vitamin A?
  - i) Cheese
  - ii) Potatoes with skin
  - iii) Fruits and vegetables such as carrots
  - iv) Brewer's yeast
  
2. What is the primary purpose of making sure your body receives carbohydrates?
  - i) To minimize the body's ability to absorb calcium
  - ii) To heighten cholesterol level
  - iii) To improve bone marrow
  - iv) To provide the body with energy
  
3. A substance needed by the body for growth, energy, repair and maintenance is called
  - i) Nutrient
  - ii) Carbohydrate
  - iii) Calorie
  - iv) Fatty Acid
  
4. All of the following are nutrients found in food except
  - i) Plasma
  - ii) Proteins
  - iii) Carbohydrates
  - iv) Vitamins
  
5. Your body needs vitamins and minerals because
  - i) They give energy to the body
  - ii) They help carry out metabolic reactions
  - iii) They insulate the body's organs
  - iv) They withdraw heat from the body
  
6. About half of your diet should be made up of
  - i) Grains and vegetables
  - ii) Fruits and milk
  - iii) Milk and Cheese
  - iv) Fats and sugars

7. According to pyramid food guidance system, a person should obtain most of their fat from
- i) Beef, chicken, and fish
  - ii) Vegetable oils, nuts and fish
  - iii) Fats, oil and sweets
  - iv) Milk, yogurt and cheese
8. \_\_\_\_\_ is a unit of energy that indicates the amount of energy contained in food
- i) Label
  - ii) Food guide pyramid
  - iii) Calorie
  - iv) Basket
9. Fatty Fish is a good source of
- i) Vitamin C
  - ii) Beta carotene
  - iii) Omega-3 fats
  - iv) ii and iii both
10. Best source of beta-carotene is:
- i) Liver
  - ii) Eggs
  - iii) carrots
  - iv) Dark green and yellow vegetables
11. Which of these is not considered a nutrient?
- i) Vitamins
  - ii) Minerals
  - iii) Fiber
  - iv) Fats
12. The bread, cereal and rice are a good source of
- i) Carbohydrates
  - ii) Vitamin C
  - iii) Calcium
  - iv) Vitamin D

13. Citrus fruits are an excellent source of \_\_\_\_\_
- i) Calcium
  - ii) Vitamin C
  - iii) Vitamin B
  - iv) Calories
14. Foods from meat, poultry, fish, dry beans, eggs, nuts group are an important source of \_\_\_\_\_
- i) Iron
  - ii) Fiber
  - iii) Beta-carotene
  - iv) Calcium
15. Milk, cheese and yogurt group are important for \_\_\_\_\_
- i) Strong bones
  - ii) Teeth
  - iii) Muscles
  - iv) All of the above