

# Horticulture and Human Health

Horticulture · Practice Test · 10 Questions

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**1. Which essential vitamin is found in high concentrations in citrus fruits like oranges and is vital for immune system function?**

- A) Vitamin C
- B) Vitamin D
- C) Vitamin B12
- D) Vitamin K

**2. Which mineral, commonly found in leafy green vegetables like spinach, is essential for the formation of hemoglobin in human blood?**

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

**3. Fiber, which is abundant in fruits and vegetables, is primarily responsible for which bodily function?**

- A) Regulating body temperature
- B) Improving skin complexion
- C) Aiding digestive health
- D) Building muscle mass

**4. Carotenoids, which give carrots their orange color, are converted by the human body into which vitamin that supports eye health?**

- A) Vitamin A
- B) Vitamin E
- C) Vitamin D
- D) Vitamin C

**5. Potassium is a mineral found in high amounts in bananas that helps the human body perform which vital function?**

- A) Digestive enzyme production
- B) Muscle contraction and nerve signaling
- C) Bone density growth
- D) Red blood cell creation

**6. What is the primary substance in plants that provides dietary fiber, which the human body cannot digest but helps clean the digestive tract?**

- A) Glucose
- B) Starch
- C) Cellulose
- D) Protein

**7. Which common horticultural crop is known for being a high source of antioxidants, specifically anthocyanins, which help protect human cells from damage?**

- A) Blueberries
- B) Potatoes
- C) Lettuce
- D) Cucumbers

**8. Which mineral, found in nuts and seeds, is essential for the human body to maintain healthy skin and a strong immune system?**

- A) Sodium
- B) Zinc
- C) Chlorine
- D) Iron

**9. Which plant-based nutrient is a primary source of energy for the human brain and is stored in fruits as simple sugars?**

- A) Fructose
- B) Protein
- C) Lipids
- D) Cholesterol

**10. The human body requires water, which makes up about 90-95% of the composition of which common vegetable?**

- A) Cucumber
- B) Potato
- C) Peanut
- D) Dried Bean