

Horticulture and Human Health

Horticulture · Answer Key · 18 Questions

1. Which essential nutrient for human vision is found in high concentrations in carrots?

- A) Vitamin A**
- B) Vitamin D
- C) Calcium
- D) Iron

2. Which mineral found in spinach is essential for the human body to transport oxygen in the blood?

- A) Zinc
- B) Iron**
- C) Magnesium
- D) Potassium

3. Which primary macronutrient do plants provide that is necessary for human digestive health?

- A) Protein
- B) Fiber**
- C) Fat
- D) Cholesterol

4. Which compound found in many colourful fruits and vegetables acts as an antioxidant in the human body?

- A) Vitamin C**
- B) Caffeine
- C) Nicotine
- D) Starch

5. Which part of a wheat plant is the primary source of carbohydrates for human energy?

- A) The root
- B) The stem
- C) The grain**
- D) The leaf

6. What type of plant-based food is the primary source of Vitamin C for humans?

A) Citrus fruits

B) Beef

C) Fish

D) Grains

7. Which mineral, abundant in bananas, is vital for proper human muscle and nerve function?

A) Sodium

B) Potassium

C) Iodine

D) Copper

8. What is the main source of plant-based protein for humans among these options?

A) Legumes

B) Apples

C) Lettuce

D) Celery

9. Which essential human vitamin is produced when skin is exposed to sunlight, often while gardening?

A) Vitamin K

B) Vitamin B12

C) Vitamin D

D) Vitamin E

10. Which substance in dark leafy greens is a precursor for Vitamin A in the human body?

A) Beta-carotene

B) Gluten

C) Caffeine

D) Lactose

11. Which plant-derived fat is considered heart-healthy and is found in avocados?

A) Trans fat

B) Saturated fat

C) Monounsaturated fat

D) Animal fat

12. What nutrient provided by nuts and seeds is essential for human brain health and cell repair?

A) Protein

- B) Sugar
- C) Starch
- D) Salt

13. Which component of whole grains helps regulate blood sugar levels in humans?

A) Refined sugar

B) Complex carbohydrates

- C) Artificial color
- D) Saturated fat

14. Garlic is often studied for its potential to help humans maintain healthy levels of what?

A) Blood pressure

- B) Body temperature
- C) Hair colour
- D) Bone density

15. What element found in soil is taken up by plants and then used by humans for thyroid gland function?

A) Iodine

- B) Gold
- C) Lead
- D) Silver

16. Which natural plant compound provides humans with energy to perform physical activities?

A) Glucose

- B) Carbon dioxide
- C) Chlorophyll
- D) Nitrogen

17. Which vegetable is a common source of Vitamin K, which is necessary for human blood clotting?

A) Broccoli

- B) Potato
- C) Onion
- D) Garlic

18. Drinking tea, which comes from the *Camellia sinensis* plant, provides humans with what stimulant?

A) Caffeine

B) Alcohol

C) Lactose

D) Fructose