

Horticulture and Human Health

Horticulture · Practice Test · 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