Agriculture and Human Health

Agriculture · Practice Test · 10 Questions

1. Which mineral abundant in cow's milk helps build and maintain strong human bones and teeth?

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

2. Carrots contain beta-carotene, which the human body converts into which vision-supporting vitamin?

A) Vitamin C
B) Vitamin A
C) Vitamin D
D) Vitamin B12

3. Whole grains like oats and wheat provide which dietary component that aids human digestion?

A) Dietary fiber
B) Cholesterol
C) Saturated fat
D) Refined sugar

4. Citrus fruits grown in orchards are famous for providing high amounts of which vitamin that supports immune health?

A) Vitamin K
B) Vitamin D
C) Vitamin C
D) Vitamin E

5. Leafy green crops like spinach are rich in which mineral needed to form hemoglobin in red blood cells?

A) Calcium
B) Iron
C) Zinc
D) Iodine

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6. Legumes like beans and lentils are agricultural crops known for providing which tissue-building macronutrient?

A) Carbohydrates
B) Fats
C) Protein
D) Water

7. Sunflower seeds harvested from farming are a rich source of which antioxidant vitamin that protects cells?

A) Vitamin E
B) Vitamin B6
C) Vitamin C
D) Vitamin A

8. Bananas grown on fruit farms are rich in which essential electrolyte mineral that supports muscle function?

A) Iron
B) Calcium
C) Potassium
D) Fluoride

9. Grain crops like rice and wheat primarily provide the human body with which main energy source?

A) Protein
B) Carbohydrates
C) Vitamin C
D) Calcium

10. Farmed berries like blueberries are rich in which compounds that protect body cells from oxidative damage?

A) Antioxidants
B) Saturated fats
C) Heavy metals
D) Trans fats

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